220 TRIATHLON

SWIM. BIKE. RUN. *FASTER!*

TRAIN FOR IRONMAN

SUCCESS IN SIX MONTHS WITH LONG-DISTANCE PRO SAM LONG

ALISTAIR BROWNLEE

NEW PROJECTS & TRAINING FOR FUN

GOING FOR GOLD

DO YOU HAVE WHAT IT TAKES TO BE A PARATRI GUIDE?

FROM RUNNING ZERO TO HERO

With GB's Anya Culling

THE BIG GROUP TEST

11 NEW TRI-SUITS REVIEWED FROM £119

PLUS

VALENCIA 70.3
INSIDE SUPERTRI E
EASY PROTEIN RECIPES

KELSEY media
No. 443
July 2025
£5.99

CONTENTS

START
P6 THE BIG PIC
P14 STATE OF PLAY
P16 HOTTEST NEW GEAR
P18 WHY I TRI
P20 PRO Q&A

KIT ZONE
P45 KIT ZONE
P50 TRI-SUITS ON TEST
P60 KIT GUIDE

TRAINING
P66 MASTERCLASS
P66 IRONMAN IN SIX MONTHS
P77 NUTRITION
P80 Q&AS

REGULARS
P24 SUBSCRIBE
P43 BACK ISSUES
P76 NEXT MONTH
P84 HOW WAS IT FOR YOU
P90 RACE CALENDAR
P96 FAQ: TRAINING ZONES
P97 JARGON BUSTER
P98 WEEKEND WARRIOR

SUBSCRIPTION OFFER

SAVE UP TO £35

AND NEVER MISS AN ISSUE

>> SEE PAGE 20

26 WHAT ALISTAIR DID NEXT

We catch up with the older Brownlee as he launches nutrition brand Truefuels and talks about trianing just for fun.

IN THIS ISSUE

70 TRAIN FOR IRONMAN IN SIX MONTHS

Is it possible to train for Tenby in just a few months? Ironman pro Sam Long is on hand with the advice.

GETTY IMAGES

INSIDE HIGH-PACED RACING AT SUPERTRI E

32 Supertri E is the new spectator-friendly format that is set to shake up triathlon.

THE SEARCH FOR GUIDES FOR GOLD

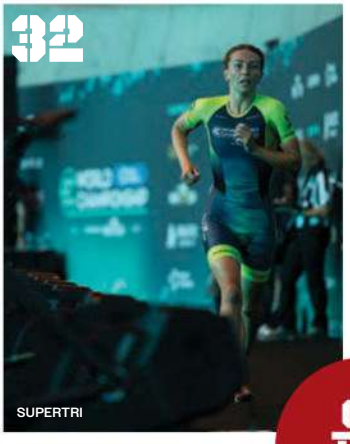
38 Do you have what it takes to support one of our elite paratriathletes?

ON TEST: 11 NEW BUDGET TRI-SUITS

50 Start of season means new Lycra! The latest suits for men and women on test.

RACING THE IRONMAN 70.3 VALENCIA

84 Sunshine and scenery at one of the prettiest early races.



SUPERTRI

GETTY IMAGES

ON THE COVER

ED BROADLEY

ED BROADLEY

BRITISH TRIATHLON

Do you have what it takes to guide a paratriathlete to Olympic gold...? Find out more about the criteria this issue!

FROM THE EDITOR...

All of a sudden the tri season is back with a bang. How do I know this? Well, purely because when it came to putting this issue together I had so many features to choose from it became a juggling act (one worthy of a triathlete training for three sports at once!) to try and fit them all in. It's all good stuff though and the positivity surrounding our sport is one I hope you'll take away after reading. From Alistair Brownlee's next steps – launching a nutrition brand, training for fun, working with his foundation and definitely not taking it easy – to British Tri's campaign to find new guides for their top paratriathletes, there's so much going on. We also take a deep dive into Supertri E at the London Aquatics Centre, catch Ironman Sam Long for some training tips and more. Phew! Hope you enjoy the issue,

Helen

Helen Webster, editor

NEVER MISS A COPY OF 220!

EXCLUSIVE OFFER WITH FREE HOME DELIVERY

We want to make it as easy as possible for our readers to get their copy of *220 Triathlon* magazine, so why not take out a subscription? Turn to p20 to find out how to get the magazine delivered to your door every month. Plus, sign up today and you'll receive your first six issues for just £19.97!

A TRUE
EVOLUTION
MET
A TRUE EVOLUTION
THE FREE SANREMO 3 SUIT BOASTS CUTTING-EDGE AERODYNAMICS WITH ENGINEERED RIBBED FABRIC, LIGHTWEIGHT BREATHABILITY, AND INNOVATIVE FEATURES LIKE AN INTEGRATED ICE POCKET. PERFECT FOR HOT RACES AND OPTIMISING EVERY DETAIL, IT SETS NEW STANDARDS IN PERFORMANCE AND FIT.
CASTELLICAFE.CO.UK
castelli

START

DIVE INTO THE WORLD OF TRI

THE BIG PIC

"My aim today was to feel like I could race this distance and not just survive it. Job done with a silver medal." The Instagram post of Jonny Brownlee after completing Challenge Mogán Gran Canaria on 26 April and having clocked a 3:44:29 to take second place behind fellow Brit Will Draper in 3:42:05. Poland's Marta Lagownik made it two from two in the women's race with a 4:13:28.

CHALLENGE FAMILY

GETTY IMAGES

▲ The architectural splendour of the Ciutat de les Arts i les Ciències provides an already iconic backdrop to only the second-ever Ironman 70.3 Valencia finish line. The race, which took place on 27 April, saw first-time, half-Ironman victories for Germany's Daniela Kleiser in 4:05:36 and Johannes Vogel in 3:34:35.

X-TERRA MEDIA

◀ Xterra World Cup Weston Park saw the world's best age-groupers descend on 1,000 acres of Capability Brown parkland, in Shropshire, over the weekend of 3-4 May. French duo Felix Forissier and Alizée Paties, who won the last round in Greece just one week earlier (see p12), were victorious once again, while the local crowd cheered on Will Draper and Isla Hedley into second and third, respectively.

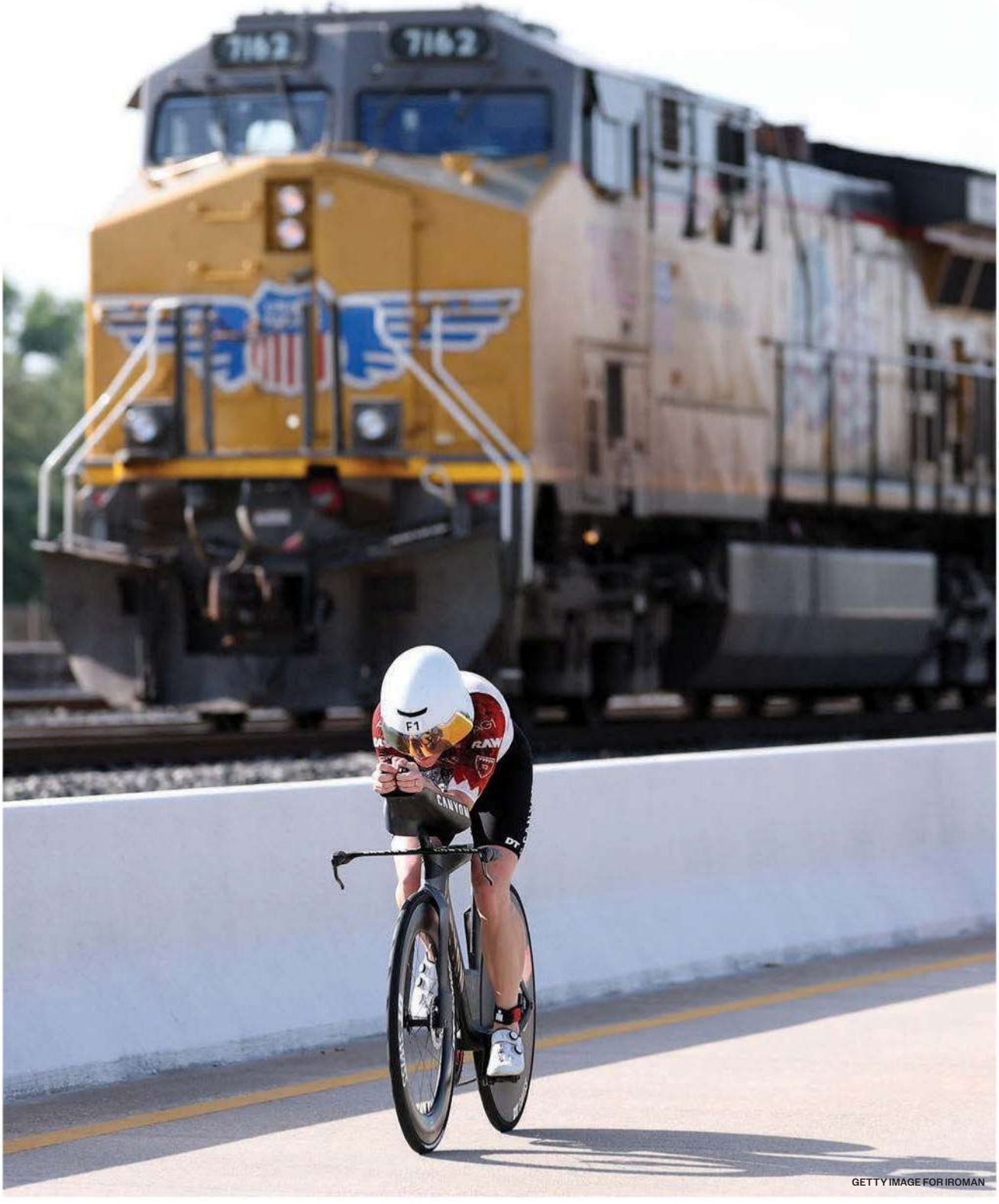
▶ Denmark's Jørn Hansen leads the World Powerman Middle Distance Duathlon Champs in Alsdorf, Germany, on 27 April. He continued to take the helm onto the final 10km run, successfully defending his title from 2024 in a time of 2:21:18, more than 4mins faster than last year on the same course. Merle Brunnée (GER) secured the women's title in 2:42:01.

PETKO BEIER/WORLD TRIATHLON

▼ The elite men take off at the 2025 European Duathlon Champs in Lumia-Pomorskie, Poland, on 26 April. After a decisive breakaway on the 20km bike leg, reigning world long-distance duathlon champion Emile Blondel Hermant (FRA) crossed the line for the title in 50:34mins. In the women's race, Maria Varo Zubiri (ESP) led from tape to gun to win in 56:59mins.

WORLD TRAITHLON

GB's Kat Matthews goes hell for leather on the Ironman Texas course on 26 April. The 2024 Ironman Pro Series champion's blistering pace paid off, winning the race for a third consecutive time, but in 8:10:34 for 2025 – a new women's Ironman world record. Her splits saw a 56:24 swim, a 4:20:08 bike and a 2:49:19 run.



GETTY IMAGE FOR IROMAN

▶ Olympic and world champion Alex Yee takes a breather after completing his first full marathon, in London on 27 April. His initial reaction to ticking off the 42.2km feat was "God damn, marathon is hard." He also told the BBC, that it was "one of the best experiences" of his life despite suffering more "dark moments" than during his victory at the Paris Games. Despite missing his 2:07-2:10 target time, an outstanding 2:11:08 was enough for 14th overall and second British athlete.

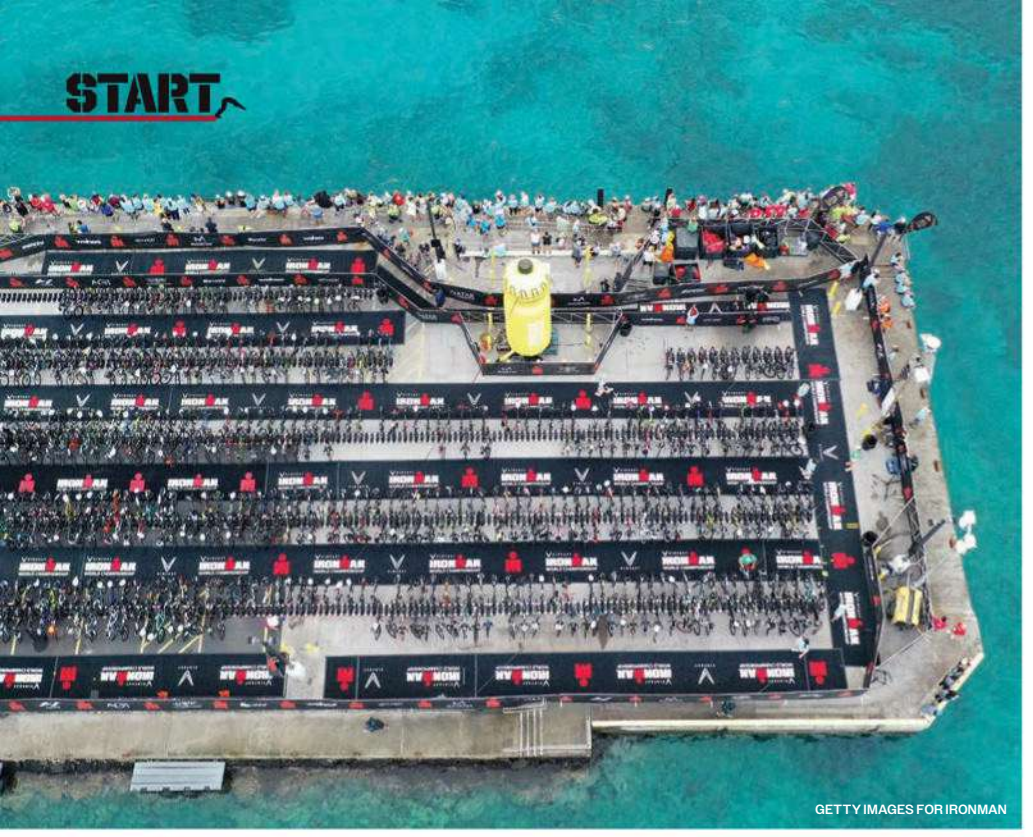
GETTY IMAGE

▼ A gun-to-tape victory defined Swiss athlete Alanis Siffert's race at Challenge Taiwan on 26 April. Her winning time of 4:15:27 was a comfortable 4:26mins ahead of second-place Lottie Lucas (UAE). Australia's Kieran Storch won the men's race in 3:46:39.

QUINN ROONEY/GETTY IMAGES FOR IRONMAN

The second stop on the 2025 Xterra World Cup tour touched down on the Greek mainland on 26 April, where the world's best off-roaders headed to Vouliagmeni on the beautiful Athenian Riviera. Defending champion Felix Forissier (FRA) opened his season with a statement victory, winning the elite men's race in 2:21:18, while compatriot Alizée Paties, who won the first round in Australia in March, clocked a 2:45:03 for win No.2.

XTERRA MEDIA



GETTY IMAGES FOR IRONMAN

IRONMAN GOES ALL-IN ON KONA

Triathlon's most famous World Championship returns to Hawaii as a one-day event from 2026, but is it a step back for the sport?

TIM HEMING
Cutting through the spin of tri to address the issues that matter, Tim is a sports journalist who has written extensively on triathlon for the national press.

STATE OF PLAY

The community has spoken and the Ironman World Championships will be returning to Hawaii from next year as a one-day event.

For many triathletes it will be restoring the rightful world order after an ill-judged experiment to split locations between the men's and women's races in Kona and Nice.

To others, it is rowing back on progressive attempts to provide a worthy women's showcase, and as much opportunity as men to take part.

Either way, under new leadership in Scott DeRue, it became clear in the south of France last summer that Ironman wouldn't be continuing with its dual-venue hosts.

The organisation has had seven months to make its case, and the answer is out with the new and back in with the old – albeit, a bigger version of the old.

While it wasn't said explicitly, the women-only race in Nice just didn't work for the organisation in 2024. Not enough women entered, it lost too much money, and it became clear that changes were afoot.

The polling of the triathlon community, where around 10,000 online surveys were sent out to athletes and stakeholders in the sport to gauge the appetite for different scenarios, showed Hawaii comes out on top.

And this is the research that Ironman can point to to rebut criticism. DeRue says they want to be athlete-focused, data-driven and respect the history of the event, and as such the decision covers all bases.

He also says Ironman needs to be innovative, and if they are to put almost 3,000 athletes on the course in Hawaii that will certainly need to be the case.

The size of the coastal town's pier is the least of the concerns. More challenging will be how to stop a draft-fest of an age-group event and delivering a world-class broadcast of both pro races at the same time without exclusively focusing on the leaders.

At first glance, the numbers seem compelling. With the two-day Hawaii format a no-go due to the impact on the local community, 58% of women amateurs and 69% of women professionals say they'd prefer a one-day event in Hawaii as opposed to the existing format.

But tellingly what they weren't told at the time of answering is how many slots a one-day event might mean for women. Not a 50-50 split, but, as DeRue says, "mainly proportionate" ie. dependent on age and gender demand at qualifying races. That currently stands at about 80% men and 20% women. (The percentage of women in Hawaii in 2026 is likely to be slightly higher due to initiatives such as Ironman's Women For Tri).

The backlash Ironman has received has been on this point, former Ironman pro Sara Gross arguing that you won't find another example in sport where women qualify for a world championship in proportion to the total number of women more broadly and that "opportunity begets growth in women's sports".

But despite only giving women their own race since 2022, the numbers have not turned quickly enough for Ironman. To double down, the organisation also claims that its recent approach has unwittingly led to women leaving the sport faster because once triathletes compete at the worlds they stop racing Ironman.

When a sport's sacred location is one small, expensive island in the middle of the Pacific, there isn't going to be a perfect solution, but the decision is a stark reminder that Ironman is a for-profit business and not a governing body.

While Ironman's stated intention might be to increase the number of women taking part, it's not going to continue a top-down approach if it undermines opportunity for its current loyal customer base. As DeRue says, athlete-focused and data-driven. 220

Boost your Performance!

revive active®

Energy isn't a one-hit thing, it's ensuring you've got the right level of nutrients to sustain both your training and your race.

From multi-nutrient comprehensive formulas to targeted support, the Revive Active range can help boost your best performance.

10% OFF with code **BEST10** **reviveactive.com**

10% off Revive Active's product range is valid when applying code BEST10 at reviveactive.com checkout. This offer is valid until 31 July 2025 or whilst promotional stocks last. One use per customer only. This offer is not valid on subscriptions, We reserve the right to amend or withdraw this offer without further notice. Promoter: Revive Active, Galway Business Park, Galway, Ireland, H91 EE39.

thebrutal extremetriathlons

September 20th 2025 North Wales

Distances: Bach/Standard, Canol/Half, Mawr/Full and Cawr/Double (triathlon only)

SERIOUSLY BRUTAL DUATHLON

SUNGOD FORTY2s SUNGLASSES

£110 *Is this new design from the rising eyewear brand one for triathletes?*

Last month we were invited to the launch of the first UK SunGod store in central London. No mean feat from a relatively new brand.

Sungod aren't afraid of trying something new though and with a custom sunglasses bar in-store where you can build your own sunnies as you wait, plus some big name athletes on their rosta (including Chelsea Sodaro and Hayden Wilde) the brand seem like they're on to something.

HOTTEST NEW GEAR

Launching in late May, the Forty2s are the latest design. It may come as no suprise that these are a design aimed at runners (as in 42km... Get it?) but we like the look of these for multisport too, with the smaller frame size (54mm high by 150.6mm wide) making them less ostentatious than other designs.

The glasses weigh a mere 28g and feature 8KO lens technology, made from 2mm nylon and with Iris photochromic lenses available. "We set out to design a pair of running sunglasses which every runner would feel comfortable wearing," explained SunGod Head of Product, Ed Watkiss.

"We're constantly evolving our designs based on athlete and community feedback, and for the FORTY2s, we wanted to focus on the feedback that runners wanted a more subtle and compact design that would suit any environment – from Parkrun to Marathon."

We'll be testing next month, plus find out more at ***sungod.co*** 220

SUBSCRIBE AND SAVE UP TO £44*!

THE UK'S LONGEST ESTABLISHED HILLWALKING MAGAZINE

OCTOBER 2023
VOL XLVI NO. XI
THE GREAT OUTDOORS
"Let them be left, wildness and wet; Long live the weeds and the wilderness yet."
GERARD MANLEY HOPKINS
THE ORIGINAL MOUNTAIN MAGAZINE
FROM SEA TO SUMMIT!
Hike Britain's Greatest Routes Combining Mountains and Water
A Skye Scramble to the UK's Greatest View
The Secret About Staying Dry That No One Tells You
Your Perfect Walking Weekend in Keswick
The 8 Best Waterproof Jackets
5 Flasks Tried and Tested
The Lake District Trek That's (A Bit) Like the Alps
10 of Britain's Spookiest Walks
Step 5000 Years Into the Past in Alpine Austria
£4.90
PLUS
Could the Right to Wild Camp be Won Across England?

Britain's original outdoor magazine is packed full of stunning photography, top class writing and brilliant walking and backpacking routes, along with authoritative gear reviews from the country's most experienced team of testers and essential skills advice from highly qualified outdoor instructors.

Great reasons to subscribe

- Save up to £44*
- Delivery directly to your door before they hit the shelves
- Never miss an issue
- Complete control – manage your account online
- Free weekly e-newsletters

SUBSCRIBE TODAY

VISIT SHOP.KELSEY.CO.UK/TGOHA
OR CALL 01959 543747 and quote code TGOHA
Scan our QR code – the easiest & quickest way!

SCAN HERE

HOTLINE OPEN: MONDAY-FRIDAY, 8.30AM-5.30PM. CALLS ARE CHARGED AT YOUR STANDARD NETWORK RATE

Terms & Conditions – UK Direct Debit offer only. You will pay £47.04 every 12 months. *Savings based on the standard basic annual rate of £91.80 which includes the cover price of £4.90 plus Kelsey Media's standard postage and packing price per single issue for one full year (12 issues). Offer ends 31st December 2024. Your subscription will start with the next available issue, and you will receive 12 issues in a year. Prices correct at time of print and subject to change. For full terms and conditions visit shop.kelsey.co.uk/terms. Data protection: We take great care in handling your personal details and these will only ever be used as set out in our privacy policy which can be viewed at shop.kelsey.co.uk/privacy-policy. You may unsubscribe at any time. If you decide to cancel your subscription, we will put a stop to any further payments being taken and will send the remaining issues that you have already paid for.

WHY I TRI

"THIS ODDLY-SHAPED BODY STILL HAS SOME INCREDIBLE THINGS LEFT IN IT!"

With a rare form of dwarfism, Zach Josie's triathlon journey has had its challenges. But none as big as Challenge Roth...

ZACH JOSIE

Zach Josie is a 38-year-old triathlete with a rare form of disproportionate dwarfism called Ellis Van Creveld Syndrome (EVC). He works for his family's construction business in Salt Lake City, Utah USA and is attempting a sub 10 full distance triathlon at Challenge Roth in July.

I have an extremely long torso in comparison to my short legs and arms. I often describe myself as a banana with baby carrots for arms and legs! Growing up, EVC came with its challenges, especially because I had a passion for basketball and team sports that usually required being tall and big. As my friends continued to grow, I didn't. However, I never let that discourage me from trying.

I discovered a joy for running and general fitness in my early 20s. I started taking spinning classes and racing 5-10ks which ultimately led to my first triathlon. In 2015, I completed an Olympic distance triathlon in Idaho and have now finished over 15 middle distance races and two at the Ironman distance.

Equipment and gear have been my biggest challenge. I spent four years trying to find a triathlon bike to accommodate my extremely long torso and short limbs and most rides ended in extreme pain and discomfort. Nobody made anything with a low enough saddle and a long enough reach. However, in 2021, Kú cycles, a Dutch company, answered the call. With the help of some custom components – short cranks and a custom Ramus saddle – I am now able to ride the full distance.

I often have to mix and match men's, women's and children's clothes, but a custom-made wetsuit from Deboer helped me finish my first Ironman at the 2021 Ironman World Championships in St George, Utah and this season I have a tailored trisuit from Mauna Apparel as I attempt my sub 10.

"My ultimate goal is to bring others like me into this crazy sport. It has done incredible things for my self-esteem and the confidence to push limits"

I have accomplished more in triathlon than I could have ever imagined. In late 2021 at the Timberman 70.3 I took 15th in my age group which was good enough for a roll down slot to the 2022 70.3 World Champs. However my biggest and proudest accomplishment so far is going under 5hrs (4:47) at the 70.3 distance, proving to myself once again this oddly shaped body still has some incredible things left in it!

My ultimate goal in triathlon is to bring others like me into this crazy sport. It has done incredible things for my self esteem and has given me confidence to push limits I shouldn't be able to push. I desperately want to share the experience with others in a similar situation. The best way I believe I can do this is by continuing to bring representation to the dwarfism community by achieving things in sport that most average sized athletes don't achieve.

As more are inspired to participate, it is my hope the industry will make it easier for people like me to participate, with products and size accommodations. That's the reason I'm targeting a sub 10hr race at Challenge Roth. Cutting 3.5hrs off my current PR at the distance is going to be a task, but I have an excellent coach and support from companies who are making me faster, more comfortable and confident.

Triathlon started as a way to prove to myself that I could do these extreme endurance events even though, on paper, I don't have a body suited for the task. It helped instill confidence in me I never imagined I would have and it has introduced me and continues to introduce me to some of the greatest people I never would have met if not for the sport. 220

Lifestyle Policy Limited is an appointed representative of The Equine and Livestock Insurance Company Limited. The Insurance Emporium ® is a trading name of The Equine and Livestock Insurance Company Limited (registered in England and Wales no: 294940) which is authorised by the Prudential Regulation Authority and regulated by the Financial Conduct Authority and the Prudential Regulation Authority no: 202748.

Magnesium powers over 300 biochemical reactions - supporting muscle function, energy, metabolism, healthy bones, and cognitive performance.

For **triathletes**, the body's demand for magnesium is even higher - up to 20% more than the average person - and 22% of athletes are clinically deficient*. That's why we developed our Complete Magnesium Complex, with input from professional athletes and expert nutritionists.

Uniquely formulated with 4 bioavailable forms to support performance, endurance, recovery, sleep, immunity, focus, and more*. Scan the QR for more info.

DAEMONPOWER.CO.UK

SCAN ME

FIX THE DEFICIENCY WITH CODE: 220TRI

WAGNER ARAUJO_WORLD TRIATHLON

MONSIEUR RELIABLE

Frenchman Léo Bergère leapt into the limelight in 2022 with his first-ever WTCS victory at the Grand Final – and with it the world crown. Since then he's become a regular podium-placer in all distances – most notably in Paris last summer. Now, fresh from a second place at Singapore T100, he's got his eyes on some big prizes...

INTERVIEW
LIZ BARRETT

IMAGE
WAGNER ARAUJO/WORLD TRIATHLON

Career highlights

Léo has scored big at every distance he's raced, and there's more to come...

- 2nd, Singapore T100 2025
- 3rd, 2024 Ironman 70.3 World Champs, Taupo, New Zealand
- 2nd, 2024 supertri series
- 2nd, 2024 World Triathlon Championship Series
- Bronze medallist, 2024 Paris Olympic Games
- 3 x Ironman 70.3 winner
- 3rd, 2023 World Triathlon Championship Series
- 2022 WTCS champion
- 2022 European champion (individual and mixed relay)
- 2 x World Mixed Relay Champions (2019 & 2020)

Léo medals at his home Olympics, Paris 2024, with a bronze.

JANOS SCHMIDT_WORLD TRIATHLON

Ask any male pro racing today, over any distance, which athletes they fear the most and Léo Bergère's name is bound to crop up. Why? Well as the Paris bronze medallist himself explains: "I have no weak points. I make very few mistakes during a race. So if I'm in good shape, it's very hard for me to get dropped."

Read in print that bold statement might come across as a tuch arrogant, but that would be doing the supremely talented Frenchman a disservice. Because hearing Léo say those words is as matter-of-fact as it would be listening to him read out the weather forecast.

Aside from making few race-day mistakes, the 28-year-old is also incredibly consistent and has, touch wood, remained mostly injury-free. A recent Achilles niggle over winter was his biggest setback to date, but he still recovered in time to toe the line at his first T100 in Singapore in April. While he had no answer for Hayden Wilde's winning performance, a 3:20:45 was more than enough for a superb second place.

We'll have to wait until 9 July to see Bergere race 100k again, when he rocks up in London for the fourth round, as he'll be spending his 2025 season switching between T100 and WTCS racing – and hoping to retain his crown from 2022 in the latter. June of this year will also see him tie the knot with longterm girlfriend and Italian pro, Angelica Olmo.

For now, though, we find him at home in Saint-Raphaël on the French Riviera, reflecting on Singapore, telling us why he can't think about Paris until his career is finished, and revealing what fills up his battery!

220: Fantastic T100 debut in Singapore, so much so that you looked remarkably fresh at the finish line. Talk us through the race.

Léo Bergère: I came into the race with very low expectations because I didn't have the best winter with an Achilles injury. And I caught the flu two weeks before the race and couldn't train for a couple of days. So I decided to focus on what I could master – the heat and humidity, my pacing strategy and my nutrition.

I decided to take the swim very easy, stay on the feet, stay as cool as possible. Onto the bike I saw that many guys were really excited in the first few kilometers so I decided to take it easy, stay out of trouble. Then halfway through I made a move to close the gap on the lead, but I really slowed down on the last lap and they accelerated in front, so they pulled out a massive gap – that's where I have regrets. But at least I finished the bike quite fresh.

I then wanted to have a safe tempo for the first 8km on the run and drink as much as possible. I went to close the gap on Rico Bogan for second place, and then once I was safe – Hayden [Wilde] was way out of reach in front – I had a 40-second gap on Martin [Van Riel] as well. So that's why I was quite fresh at the finish line even if I was quite tired. I was expecting my best performance would be top five, and in the end I'm on the podium, so very happy.

220: What did you focus on in training during the off-season for this race? How much was heat prep a factor?

LB: So yeah, I decided to focus on heat prep two weeks before flying to Singapore. And I flew to Singapore six days before the race. I think it was the most important factor to prepare for this race. But part of my training meant doing a build run on the treadmill at 34°C and 75% humidity. That was pretty tough – my core temperature was pretty high!

220: Talk us through your training. Base set-up – where, when and with who? Why does it work for you?

LB: So I'm based in Saint-Raphaël, on the French ▸

"I think I'm very versatile. I can race over supertri, half Ironman or T100 and I have no weak points. However, my run needs to improve a lot and I'm very motivated to learn"

Léo has proved consistent across all distances, seen here racing to third at the supertri grand final in NEOM and second overall in the 2024 series.

DARREN WHEELER_SUPERTRI

Riviera, so I'm 1km from the Med. And it's beautiful, it's such a natural area. I can start my run from my place and in two minutes I'm in the forest and then it's trails forever. And then on the bike I have some flat roads, some climbs.

There are eight of us in the group, the Turbo Tri Tribe Squad, all French, at different levels, from European Cup to WTCS. So we have good vibes, it's very cool. My coach, Fabio Rastelli, is based in Milan, and he comes over one week every month to see us and check if everything is going in the right direction.

220: Has the enormity of your Paris experience sunk in at all yet? How do you even begin to process such a momentous time in your life?

LB: Oh yeah, definitely, Paris was some crazy emotions – it's hard to sink in because I've never experienced that much emotion in my life before. I don't think I will completely understand how powerful it was until after my career when I will look back and realise it was something very unique. That's why I tried to really enjoy every second of it because I knew it was a very rare moment.

"Paris was some crazy emotions – it's hard to sink in because I've never experienced that much emotion in my life before. I don't think I will completely understand how powerful it was until after my career when I look back"

220: And how does that result feed into your own performances? How much of an edge does it give you knowing that you're a medallist?

LB: I didn't think I would be able to get a medal at the Olympics, and now that I have I feel very confident because whatever happens next is a bonus. I've been world champion and an Olympic medalist, so now I can take a little bit more risk in the next Olympics to try to win it. And that's a good pressure to have!

220: I've interviewed a few of your colleagues recently – including Matt Hauser and Marten Van Riel – and they've all mentioned you as a threat, whether that's on the WTCS circuit or on T100. What makes you such a powerful athlete across the distances, do you think?

LB: I think I'm very versatile – I can race over supertri, half Ironman or T100 and I have no weak points. However, my run needs to improve a lot, and I'm very motivated to improve and to learn, especially over longer distances where I'm more of a beginner.

But yeah, my strength is that I make very few mistakes during a race. So if I'm in good shape, it's very hard for me to get dropped.

220: You mentioned your Achilles issue earlier, is that all settled now?

LB: It's still a little bit fragile, so I still have to be careful with the training load on the run. But hopefully I will get rid of the inflammation and have a strong season.

En route to second place in the 2024 WTCS Grand Final, Torremolinos. Léo would also finish second overall in the series, so the hunt for world title No.2 continues...

JAMES MITCHELL_T100

Prepping for his first T100 race, Léo chose to focus on what he could master – the heat and humidity, pacing and nutrition. His strategy paid off with a second place.

JAMES MITCHELL_T100

A day in the life of Léo Bergère

What does an average 24hrs look like for an Olympic medallist? Well...

"I usually wake up between 7:30 and 8am. After a small breakfast, I go straight for an hour's run with my dogs on the trails. After that I'd have a big breakfast with protein, fruit and a lot of good coffee. Then I head to the pool for a swim session.

"So we have a strong swim session on Tuesdays and Fridays – between 5-5.5km each session. Then I'm going to come back home around 12:30pm, have a nice lunch – Angelica has some skills in cooking, so she usually prepares some very nice meals for us. Then it's nap time for 15-30 minutes. After that, I usually do some emails and then head onto the bike around 4pm for anything between 1.5-4hrs – it really depends on the training we have.

"I usually have a small appetiser while I'm preparing the dinner. Very often we have friends over for a pizza night and have a good laugh together. And then I'm heading to bed between 10:30 and 11pm. And that's pretty much my day!"

Léo runs home for bronze at the 2024 Ironman 70.3 Worlds.

GETTY IMAGES FOR IRONMAN

220: You've mentioned how the last lap of the bike is your weakness – how do you improve this area for future races?
LB: Yeah, so my last lap in Singapore and also the last 10K on the bike in Taupo [the 2024 Ironman 70.3 World Champs, where Léo still finished third] was where I lost a lot of time to the front guys. So maybe I still need to be stronger on the bike, but also I need to be able to prepare for the run without slowing down too much on the bike. Maybe it's more that way.

220: What's the race plan for this season? And what's your ultimate goal?
LB: I would love to win a T100, especially the one in Saint-Raphaël [30-31 August]! And to be on the podium overall in the T100 series. And then yeah, to be world champ in the WTCS again. I will do anything I can to make this happen!

220: What's the one bit of kit you couldn't live without?
LB: I would say my massage gun – I like to be able to take care of my body everywhere I go. And if I'm traveling, if I'm going to a training camp where I don't have a physio available, I like to have my foam roller and my massage gun.

220: What do you enjoy doing in your down time?
LB: When I'm training hard, I really appreciate spending time with my girlfriend and my two dogs at home. It's really something that fills up my energy, my battery!

220: Ahem, I think you mean your fiancée! Congratulations on your engagement.
LB: Of course! Angelica will soon be my wife, and we're getting married on 8 June this year in Italy. So we will have good wine, good food and a good party with friends and family!

220: If you could steal any other triathlete's skills, whose and what would they be and why?
LB: If I could steal the swim start of Matt Hauser and the sprint finish of Alex Yee that would be great! 220

ORDER FORM

☐ **UK DIRECT DEBIT – 6 issues for £19.97 Saving 62%***
Your subscription will then continue at a rate of £44.99 every 12 months (12 issues)

☐ **UK CREDIT/DEBIT CARD – 12 issues for £49.99 Saving 52%***

☐ **CHEQUE – £49.99**

YOUR DETAILS

Mr/Mrs/Miss/Ms Forename

Surname

Address

Postcode/Zip code

Country

Mobile

Email

IF DELIVERY ADDRESS IS DIFFERENT, COMPLETE BELOW

Mr/Mrs/Miss/Ms Forename

Surname

Address

Postcode/Zip code

Country

Mobile

Email

220 Triathlon (part of Kelsey Media) may contact you with promotions and special offers. You can opt-out or unsubscribe at any time**. Please let us know if you would prefer not to be contacted in this way.
☐ Email ☐ Post ☐ Phone. We will not pass your details on to third party companies.

PAY BY DIRECT DEBIT

☐ **I wish to subscribe by Direct Debit paying £19.97 for my first 6 issues. I understand that my subscription will continue at the rate of £44.99 with payments taken every 12 months – unless I write to you to tell you otherwise.**

DIRECT Debit

Instruction to your Bank or Building Society to pay by Direct Debit

Name of Bank

Address

Postcode

Account Name

Sort Code ☐☐☐☐☐☐ Acc. No ☐☐☐☐☐☐☐☐

Signature Date

Originator's ID number
8 3 7 3 8 3

Direct Debits from the account detailed in this instruction subject to the safeguards assured by the Direct Debit guarantee. I understand that this instruction may remain with Kelsey Publishing Ltd and, if so, details will be passed electronically to my Bank or Building Society.

PAY BY CHEQUE / DEBIT / CREDIT CARD

☐ **UK CREDIT/DEBIT CARD (12 issues) £49.99 – saving 52%***

☐ **Please debit my:** ☐ Visa ☐ Visa Debit ☐ Mastercard

Card no ☐☐☐☐/☐☐☐☐/☐☐☐☐/☐☐☐☐

Security no ☐☐☐ Valid from / Expiry date /

Signature Date

☐ I enclose a cheque for £49.99 made payable to Kelsey Publishing Limited (must be from a UK bank account. Please write your name and address on the back of the cheque).

(UK ONLY) PLEASE SEND COMPLETED FORM TO: FREEPOST KELSEY MEDIA

Lines are open Mon-Fri 8.30am to 5.30pm. Calls are charged at your standard network rate. Offers available for UK customers only. *You will pay £19.97 for your first 6 issues then continue to pay £44.99 every 12 months. Savings are calculated based on the Basic Annual Rate using the standard cover price plus a standard postage price per issue. Offer ends 25/02/2026. Prices correct at time of print and subject to change. For full terms and conditions visit shop.kelsey.co.uk/terms. **To see how we use your data view our privacy policy here shop.kelsey.co.uk/privacy-policy. You may unsubscribe at any time.

22TPG25B

A MESSAGE FROM THE EDITOR

Dear reader,

Need some training and racing inspiration? Or fancy signing up for your first race in 2025? Whatever your targets, our one goal here at ***220 Triathlon*** magazine is to make sure you achieve them. In every issue we bring you the best training and racing advice, as well as all the cutting-edge kit you need to perform at your optimum. And, for a limited time you can try your first six issues for just £19.97!

So don't delay, subscribe today!

Helen

Helen Webster, Editor

GREAT REASONS TO SUBSCRIBE

// Every issue delivered directly to your door

// Save up to £32 on your first 6 issues

// Continue to save 57% every 12 months

// Guarantee you never miss an issue

// Receive the FREE 220 Triathlon E-newsletter**

220 TRIATHLON
SWIM. BIKE. RUN. *FASTER!*

SUBSCRIBE TO 220 TRIATHLON & SAVE UP TO £32

220 TRIATHLON
SWIM. BIKE. RUN. FASTER!
GET READY TO RACE!
Make this the year you hit your triathlon goals
STRENGTH TRAINING MADE SIMPLE
VEGANUARY RECIPES & TIPS
...for busy athletes
18 BEST EVENTS OF 2025
From fast and flat to epic adventures
PLUS
VINCENT LUIS Q&A
REVIEW OF THE YEAR
DO YOU SWIM ENOUGH

£52.44
£19.97
for the first 6 months

SCAN ME

3 EASY WAYS TO SUBSCRIBE

Visit **shop.kelsey.co.uk/22TPG25B** Call on **01959 543 747** and quote **22TPG25B**
Complete the **FREEPOST** coupon opposite

Lines are open Mon-Fri 8.30am to 5.30pm. Calls are charged at your standard network rate.

WHAT ALISTAIR BROWNLEE DID NEXT...

Alistair Brownlee signed off from his racing career six months ago. Since then, it's been boxsets, beer and Benidorm... Or not, as we discovered on catching up with Britain's busiest retiree ▸

WORDS JAMES WITTS **IMAGES** TRUEFUELS

"I'm still training two or three hours a day and really enjoying getting out there just for the love of triathlon and exercise. Do I miss the racing? We'll see once the season really kicks in. But I have so many other ventures going on that I'll definitely be preoccupied." At the end of November 2024, Alistair Brownlee announced his retirement from triathlon. "It's time to close this chapter…" he wrote on social media. When we catch up with the 36-year-old [37 by the time this magazine goes on sale] at the end of March, it's clear his new beginnings isn't confined to one chapter…

PLANNING FOR BEYOND RACING

When he called time on a professional career that saw him become the only triathlete ever to win two individual Olympic gold medals, along the way elevating the world of multisport from the margins to the masses, in typically pragmatic fashion Alistair Brownlee revealed that his retirement had been a long time coming.

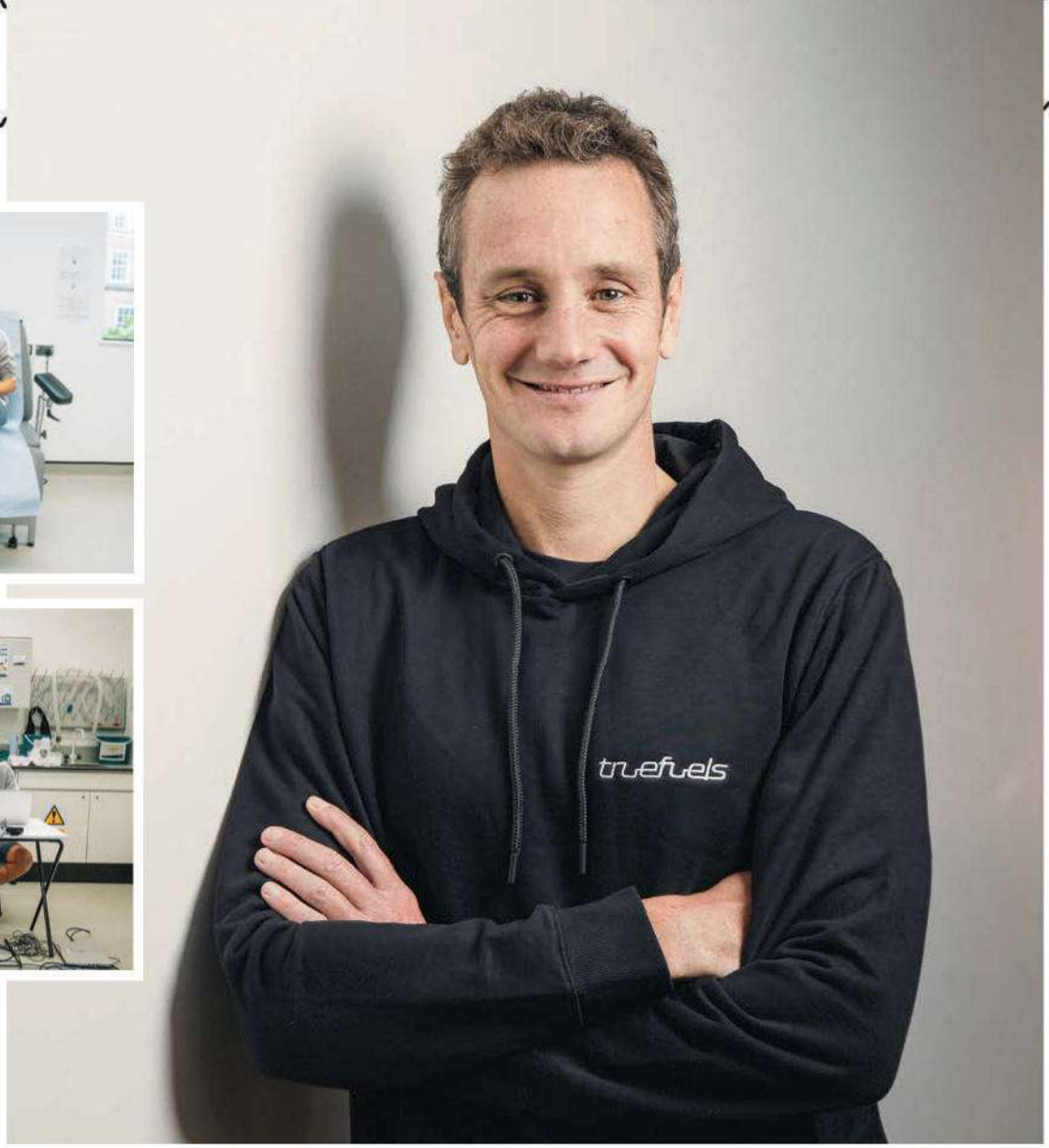
"I've been planning for this day for a long time," he revealed in that online post. "I've always had a pathological fear of having nothing to do, and I didn't want to wake up the morning after my last race and I've nothing to do apart from go to the pub. That would be a disaster. So, I've got all kinds of things and projects that I'm really looking forward to, excited to do and stay active, stay involved in sport."

"So, you're not kicking back and watching *Loose Women* on loop?" I ask Brownlee, who's at home in his converted barn. It's the curtain call to our interview that had me questioning what I'm doing with my life. That morning, he'd already ticked off a long gravel ride in the Dales. "I've also run most days since I retired," he says. Like many of us, swimming? Not so much. "Just a couple times."

But it's his business and philanthropic interests that have consumed the majority of his time, including the recent launch of truefuels, which he's co-founded with business expert and former professional tennis player Goran Vasiljevic. Experienced nutritionist Nigel Mitchell is involved, too. Or the guinea pig, strategist and mixologist. Brownlee's hoping it'll prove a winning combination, but it won't be easy in the highly competitive sports-nutrition market. It begs the question: what's the USP?

"It's similar to my philosophy around my racing career – to simplify complicated things. That's from the clear guidance of how much nutrition a triathlete needs to the ingredients, which are stripped right back."

That minimalist approach stretches to both the range launch – just the one gel – and its ingredients list – "six high-quality ingredients, including coconut powder and Himalayan salt, designed for high absorption and zero GI distress". Brownlee says the aim is to bring a new product to market each month for the rest of the year across the spectrum of sports and health nutrition. That means, recovery products, electrolytes and daily supplements. ▸



▲ Brownlee has been hands-on in the development of new brand truefuels, drawing on his long career.

COLLECTIVE INPUT, SOLE DECISION MAKER

As well as Mitchell and Vasiljevic, Brownlee has sought the input of a band of what he calls 'co-creators'. "It's around 80 people who we're asking questions of all the time. Which flavour do you prefer? What's important to you in a specific supplement? What kind of packaging do you like? Do you understand how much of this you should take in certain conditions? It's been interesting to collate the views of so many people."

Which, we ask, must be anathema to an elite athlete for whom a blinkered, nay selfish approach to performance is a prerequisite in search of the marginal gains needed to separate the haves and have nots?

"It's certainly been refreshing and interesting," Brownlee replies. "But at the end of the day, it's been a similar decision-making process that I adopted in my professional racing career. That was very much characterised by assessing all the information I possibly could, from every source, whether that's coaches, scientific literature or exercise physiologists, and making a call on it. It's great to seek different perspectives but the decision still falls on you."

Brownlee says his interest in nutrition flourished over time. As a 20-year-old, the whippersnapper who caught the world's notice by leading the 2008 Beijing Olympics before fading on the run paid little attention to the science of fuellling. "That changes as the years roll by," he says. "Recovery takes longer, training's harder, so you've got to concentrate more on the other aspects."

"When racing Ironman and T100, I tested many different types of nutrition and different ratios of sugars, buiding up precise fuelling plans."

"Things also changed when I moved from Olympic distance to longer-racing," he adds. "For an elite Olympic-distance athlete, I'd say race nutrition makes up a small part of the overall performance matrix. Maybe 10%, albeit that's greater for a recreational triathlete who's racing for a longer period of time. When you move beyond that distance, nutrition becomes incredibly important. How much carbohydrate can you metabolise? How much salt do you need? When racing Ironman and T100, I tested many different types of nutrition and different ratios of sugars, building up precise fuelling plans. It really ignited a passion."

REMOVING BARRIERS TO SPORT

Whether a truefuels gel would have prevented brother Jonny bonking in the legendary finish to the 2016 Triathlon World Series in Mexico that saw Alistair carry him over the finish line, forming an image and narrative that transcended sport, remains to be seen. What's clearer is that he has his fingers in many of the Fray Bentos pies that he loved in his younger days.

"For a long time, I've been interested in investing in projects and helping, and building, businesses. It's all about removing people's barriers to sport. One example is Spatzwear. It's a cycling clothing brand that I started with one of my best friends several years ago and is about delivering the best kit available to ride through the cold weather. There's also Brownlee Fitness, which is about giving training advice and building the multisport community.

"Outside of the business sphere is the Brownlee Foundation, which is a purely philanthropic venture where we provide free opportunities for young people to experience triathlon and sport. In the 10 years we've been running it, over 70,000 kids have enjoyed a free triathlon with us. This year's down as our biggest yet with another 15,000 set to try our sport out. The events are all over England and we're immensely proud of them."

Age-groupers can enjoy the fruits of the Foundation, too, as in 2024 they bought out TriHard Events, whose portfolio of races included the Helvellyn Triathlon, which Brownlee has won twice. There's also the Ripon Triathlon Festival and, new for 2025, the Leeds Triathlon, which will be based at Roundhay Park on Sunday 3rd August.

"All profits will be donated to the Foundation," says Brownlee. "We're keen to put on racing opportunities that are as inclusive and economical as possible. We all know there's been a reduction in competing opportunities since Covid and it's important we redress that balance."

2025 'RACE SCHEDULE'

As for Brownlee's own 'race schedule', it's all about enjoyment and trying something new. "I've pencilled in a few gravel events including The Traka 360 in Girona in May. That's probably the premier gravel event in Europe." And one of the most demanding. As the name suggests, The Traka covers 360km of gravel, asphalt and trails while racking up over 3,700m of climbing. "I'll look to race some other different challenges but they're to be confirmed."

Seeking variety to spice up his 'retired' life has already seen Brownlee pop up at Parkruns and the Quid Games, a new orienteering event held on the sprawling Broughton Estate in mid-January.

"It was organised by my friends at Sports Shoes. I really like that they're creating fun and different sporting events to get people involved. It was local to me, so I thought what else should I be doing on a dark Saturday winter's evening in retirement?! I'd really like to do some ultra running, too, but your body must be in great nick. And I'm not totally convinced with challenges that involve chronic sleep loss."

It's hardly surprising that an athlete who's trained 30 to 40 hours a week for the best part of 20 years could instantly shift down several gears. I've seen the same when covering cycling, of riders who continue to rack up large mileages even once they'd hung up their professional bib shorts. Which might not be a bad thing. Jens Voigt told me that his team's doctor prescribed him a 'detraining plan'. If he went from 60 to zero in a short space of time, he said, it could be dangerous for his health. I mention this to Brownlee.

"You probably do need a formal easing down but in truth I haven't eased down that much. Yesterday, I ran with the likes of Beth [Potter] in the morning and rode with the team in the afternoon. But there's a big difference to this year and last. It's gone from 'I have to do this' to 'I don't have to do this but I'm doing it because it's sunny and I want to get out and train with ▸

HOW HIGH CAN YOU GO?

FEEDING HUGE AMOUNT OF CARBOHYDRATES IN SEARCH OF PEAK PERFORMANCE IS THE NUTRITION ZEITGEIST. ON LAUNCHING HIS NEW RANGE OF ENERGY PRODUCTS, WHAT ARE BROWNLEE'S THOUGHTS?

"The whole area is fascinating. I remember when 60g of carbs an hour seemed to be the ceiling, but then Asker Jeukendrup realised that you could consume more than that by adding fructose to glucose because they used different intestinal channels. [Brownlee's truefuels is at a 1:1 fructose:glucose ratio].

"Now, it's gone crazy with a huge number of different ratios and formulations to boost that to around 120g. I'm unaware of any literature suggesting more than that is both effective and possible, but I'm certainly aware of athletes pushing 160g.

"You hear professional cyclists and the top Ironman guys pushing well over 300 maybe 350 watts for long periods of time, and at those levels you're metabolising a hell of a lot of carbohydrates because you're so close to threshold. Maybe in those circumstances there are oxidation levels that we simply don't see in the lab. Are they enjoying an advantage? It'd be interesting to find out. And it'll be interesting to see what numbers are hit in the next few years and whether it confers a performance gain."

▲ A keen interest in the sports science behind fuelling has led to Brownlee using his own experience to launch truefuels,

friends'. That's quite a mind shift and I'm enjoying it."

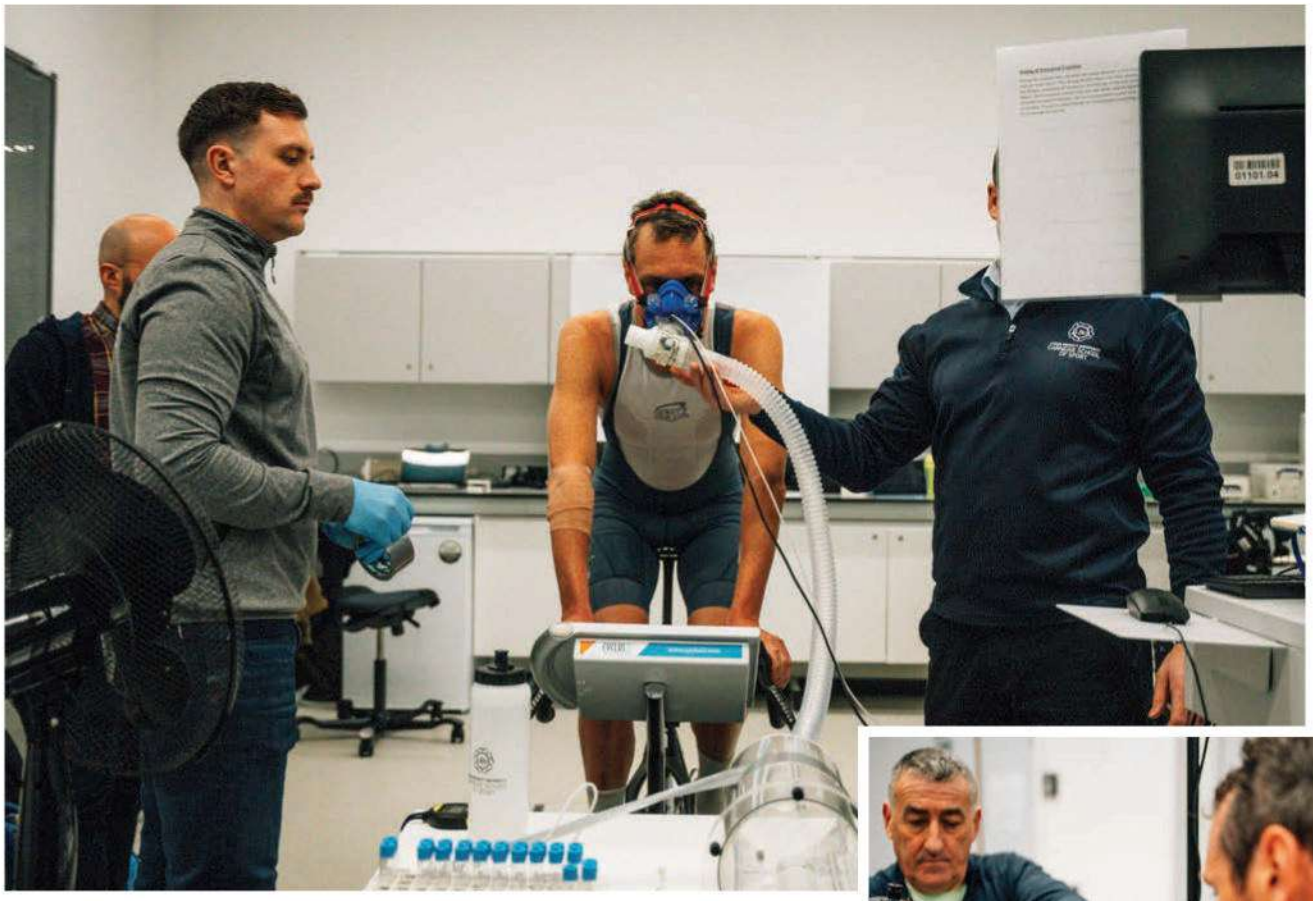
How much fun one can have from climbing El Teide is debatable. Tenerife's most brutal climb is 48.3km long and racks up 2,457 metres at an average gradient of 5.1%. Brownlee recently revisited the Canary Island where he'd spent many a camp training at altitude and it sets him adrift on memory bliss. "I remember being there once for two weeks and I summited the volcano 10 times. One it'd be 'a session', another it'd be easy. But it was always different."

"That particular time I was staying at the Parador Hotel [where the pros head to sleep as well as train at altitude], but then sometimes we'd stay in the small houses that nestle on the other side of the crater," he adds. "Those were proper, hardcore Rocky-style training camps. We didn't have mains electricity – it was just an erratic generator – and you had to light a fire to warm up. We had no phone signal. And it was brilliant. Some of my happiest training memories are on that volcano." Wonderful days gone by. But Brownlee's no romantic. He's forever looking forward,

"I remember being there once for two weeks and I submitted the volcano 10 times. One it'd be a 'session', another it'd be easy. But it was always different."

▲ The team around truefuels' launch includes sports nutritionist Nigel Mitchell.

▶Former tennis pro Goran Vasiljevic is Ali Brownlee's truefuels co-founder.



BROWNLEE IN NUMBERS

ALISTAIR BROWNLEE'S RESET THE MULTISPORT BAR...

2 x Olympic Champion
2 x World Triathlon Champion
2 x Mixed Team Relay World Champion
22 x World Triathlon Series victories
4 x European Champion
2 x Commonwealth gold medals
3 x Ironman wins
5 x Ironman 70.3 victories
2 x Ironman 70.3 World Championship silver medals

GETTY

forever seeking new opportunities. That planning will stave off the retired sportsperson's comedown that too often leaves them directionless, empty and seeking solace at the bottom of a bottle. Brownlee is active, pro-active. It's in his DNA. He is no spectator to life. But will be a spectator to racing in 2025. What's he looking forward to?

"Well, I enjoyed watching the new Indoor Triathlon World Cup. It's quite a cool format. From a British perspective, I'm looking forward to seeing what Alex [Yee] can do at the London Marathon and how he'll transition back to triathlon. On the women's side, I know Beth [Potter] will keep pushing on. She was a little disappointed with [bronze at] the Olympics last year, so she's super motivated to make amends, which is good to see. She ran a really fast 10km recently to qualify for the British athletics team for the Euros, so is in good form."

As is Alistair. And why would he not be with myriad ventures to focus his attention, from launching and expanding the truefuels range to bringing a new triathlon to the city he's so fond of and training for one of the world's greatest gravel events. It leaves me to ask one final, very important question that I'd presumed was on the lips of long-time *220* readers around the world: does he ever meet up with his historic rival Javier Gomez?

"We message a bit; in fact, I saw him in Ibiza last year. I was racing and he'd just announced his retirement. We had a really nice chat and we agreed to undertake some form of challenge together. We'll be part of a team. When it'll happen, who knows." Presumably when Brownlee has space in his calendar, which could well be never... **220**

SUPER TROOPERS

Crowning world champions during a one-day showcase in London. Gunning to be an Olympic sport. Satisfying an expectant crowd ready to cheer on their British heroes. And incorporating new software partners to help deliver the high-wire technology act that makes it all possible. Life for chief executive Michael D'hulst is never dull, but on a drama-filled day both on and off the field of play, could Supertri E further burnish its reputation as a triathlon concept for the future? 220Triathlon was on deck to find out. ▸

WORDS TIM HEMING **IMAGES** SUPERTRI/BENOIT CILLARD

There is always a frisson of excitement on race morning, but it was nearly all over before it started in London as an internet outage at the Aquatics Centre led to a 2 ½ hr delay before the action got underway.

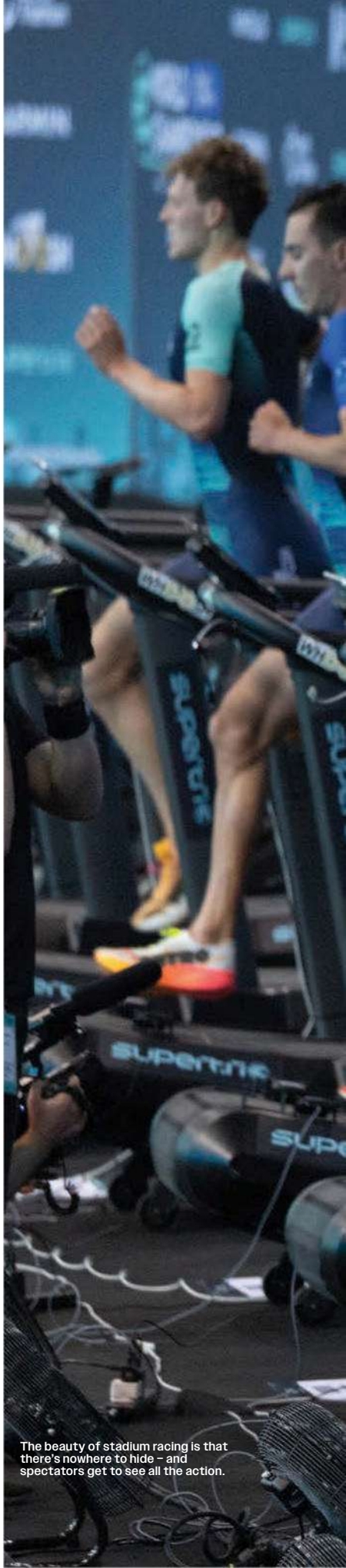
While the IT staff were frantically trying to get the systems back online, the Supertri logistics team were looking to reshuffle a packed event programme to make sure that the evening finals for the Supertri E World Championships, in front of 1,500 spectators (another section had to be opened due to demand) could proceed without a hitch.

An unstable internet connection was the culprit. "We've been here three times already and it's never been a problem, so we assumed everything was ok again, then we find out it's not," D'hulst explained. "It's not that difficult to fix if you know two days before. Yesterday was OK, and this morning there's a problem. That's the issue."

The Supertri boss was clear that it was the Aquatics Centre's IT infrastructure, not new software partner MyWhoosh, who were at fault. "It's definitely not a MyWhoosh problem," he added. "They've been super helpful and even created a brand new world for us where the same avatar can bike and run. It. We did all the tests brilliantly. It is an internet stability problem."

As an indoor event where competitors swim before cycling on turbo trainers and running on treadmills, there's a heavy reliance on the tech working. But for the athletes, this is also one of the most testing forms of triathlon they face. With a pool lane each and no draft advantage at any stage of the event, there is never anywhere to hide (see sidebar).

"I can use all the cliches, it's brutal, and hard, and



The beauty of stadium racing is that there's nowhere to hide – and spectators get to see all the action.

supertri
WHOOSH

just nonstop," Jonny Brownlee said at the finish. "I thought the only way to be competitive was to pace my effort, and I kind of did that, but I also blew up."

When the heats did get underway there were some familiar faces leading out the men's racing. USA's defending champion Chase McQueen won the first, GB's three-time Olympic medallist Brownlee the second, and France's 2023 world champion Dorian Coninx the third. Had the delay made any difference?

"We're all in the same boat and you just have to do your best to prepare," McQueen said. "My team had a good plan, we executed well and now I'll put my feet up, get some food, do a spin, and some quick physio. It's going to be the finals before we know it." Brownlee also took it in his stride: "I've seen it all. Last year, one triathlon was cancelled due to a rain storm in a desert in Abu Dhabi!"

The women's heats followed, with defending champion Beth Potter cruising through along with Olympic champion Cassandre Beaugrand, and Britain's Jess Fullagar taking an impressive win in heat three. Runner-up to Beaugrand and also progressing to the evening's finals was another Brit, Sian Rainsley, who was taking on her first race of the season, and for whom the delay could have been more challenging than for most.

Beth Potter has won 4 Supertri E races and finished runner-up on another 4 occasions

Supertri E was free to watch for children Under 14

"I plan when I'm going to eat and recover, and because I have Crohn's disease, getting it right with my stomach is even more important," the 28-year-old explained. Crohn's is an inflammatory condition that can produce diarrhoea, stomach aches and cramps. While the exact cause is unknown, it's believed there could be genetic links and a problem with the immune system. In the most serious cases it can lead to surgery.

"I'm a bit older now and know to stay calm," Rainsley added. "Stress is the worst thing for Crohn's and whenever I stress out, it flares up. I need to put it in the big picture, take a few deep breaths and rationalise it. Most people have a pre-race diet and this

Racing in seperate men's and women's heats keeps the pressure high.

WHAT IS SUPERTRI E?

An indoor triathlon in partnership with World Triathlon, 30 men and thirty women compete in a total of six morning heats over two rounds of super sprint swim, bike and run.

Ten in each heat tackle a 200m swim, 4km cycle leg on their bikes using standardised Tacx trainers and then a 1km run on self-propelled treadmills. Once round one is completed, it's straight on to round two, so there is no let up.

The bike and run legs are powered by MyWhoosh, who replaced Zwift for 2025, with the athletes' in-game avatars displayed on big screens showing metrics such as speed, power and distance travelled.

The top two from each heat and four fastest losers progress to the evening's finals, where the format is extended to three rounds of competition before the winners are decided and world champions are crowned.

Supertri E was launched as the Arena Games in Rotterdam in 2021 and has been held at several different locations before landing on a one-day showdown in London.

It has mixed the format around, shaking up the order of swim, bike and run as well as trying draft-legal bike legs, using the software to allow athletes riding in the virtual slipstream to save effort.

It has now settled on a traditional swim, bike, run ordering with no draft advantage on the bike.

▼ Ironman legend Tim Don was part of the crew and took spectators on a tour behind the scenes.

morning I had porridge and banana. With the extra wait I had another banana and some extra carb drink to make sure I wasn't depleted. I think I'm learning. I've tested what works and what doesn't work over the years and touch wood, I've found it."

Unfortunately, the false start to the event meant that the scheduled amateur racing, a first for Supertri E (see sidebar), had to be delayed for another 12 months. Apologetic organisers arranged for co-commentator Tim Don to ease the disappointment with a tour of the venue and VIP access to watch the remaining heats conclude.

It wasn't just the elite athletes who were grateful that racing

▲ Held in London's Aquatics Centre, the action centred around the iconic 50m pool.

eventually happened. D'hulst has staked a lot on the success of the Supertri E concept he hopes will be included in a potential first esports Olympics in Saudi Arabia in 2027.

"It's the IOC's [International Olympic Committee] initiative to focus on new and younger audiences and build a bridge with physical sports and esport, or, in our case, a blended reality kind of sport," he added. "We were hopeful that it might be in 2025, but the IOC pushed it back. That creates a whole new level of excitement about things."

▼ The Aquatics Centre was built for the 2012 London Olympics and is now home to various competitions as well as public swimming.

As a bike-run duathlon, the E format was part of a demonstration event in Singapore in 2023, but D'hulst is pushing for the full triathlon to be part of the official programme. "What we're seeing today is exactly the type of format, swim-bike-run, swim-bike-run, swim-bike-run, that I'd like to see."

It's exciting times for Supertri because indoor racing is only one strand of the brand's vision that started with an elite weekend of racing on Australia's luxurious Hamilton Island, close to the Great Barrier Reef, in 2017. The brainchild of D'hulst, two-time Ironman world champion Chris McCormack and Russian-born Canadian businessman Leonid Boguslavsky, it was based on the Nineties F1 Grand Prix triathlons series, with a number of short fast triathlon

"Alongside the pro racing, Supertri is also trying to build its community and become a leading force"

legs often jumbled in sequence and given names such as the Eliminator and Enduro.

Initially called Super League Triathlon and now rebranded as Supertri, the elite series has cemented an autumn slot in the triathlon calendar, with four or five rounds and popular locations including London's Canary Wharf. It has continued to attract star names throughout, including the Brits, with London crowds giving rapturous Olympic homecomings to medal winners such as Alex Yee, Brownlee, Georgia Taylor Brown and Potter following Tokyo in 2021 and Paris last year. The 2025 series roster should be announced in the coming weeks.

Alongside the pro racing, Supertri is also trying to build its community and become a leading force in global short course competition – "super sprint, sprint and Olympic distance is our sweet spot," according to D'hulst. In March, it purchased the Toronto Triathlon ▸

▲ Tech is key to the success of Supertri E, with MyWhoosh on board for 2025.

to extend its event roster to six, alongside two races in Texas, plus others in Chicago, Long Beach, California and a European host in Toulouse. Called By Supertri, there's an understanding that participation gives a more realistic chance to make a return than broadcast rights, with free 'first-timer' programmes and an emphasis on relays helping to make entry more accessible.

Will the UK feature? "Yes, I hope so, and hopefully very soon," D'hulst said. "It's difficult to do mass participation at scale for the venue we have in London and in the past we've held community events to give kids a bit of that Supertri feel. When – not if – we're doing mass participation in the UK, it will not be downtown London. We'll kick off somewhere else."

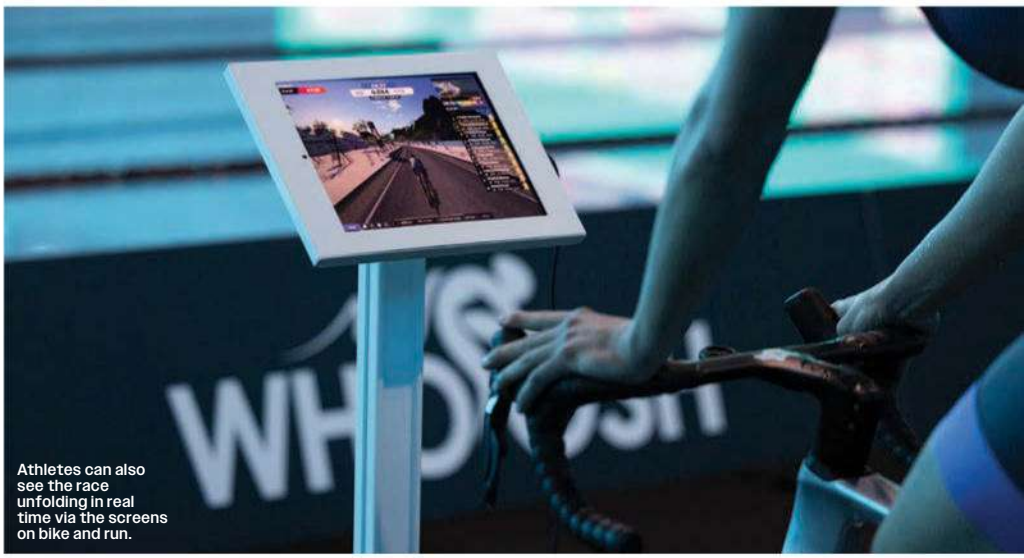
Back to the action and bringing it to life alongside the elite performers was DJ Char Stape, who is used to providing the soundtrack to sporting events, including international football at Wembley stadium.

"Being this close to the action is the best it can possibly be," said lead commentator Will McCloy who sat within splashing distance of a flip-turn on poolside. "The danger is that because you can see everything you start to talk about things that aren't on the screen and we want to give the viewers the same experience as those in the venue." Don, who raced at the venue in 2021, added: "We get to absorb the energy and on top of the uniqueness of it, we've got the Olympic gold medallist racing, which shows that people want to be part of it."

In lane 10 for the men's final was Irishman Luke McCarron. Based in Cambridge and working night shifts as a doctor in the week leading into the event, the 26-year-old had sent a friend out to try and buy him a fresh pair of Nike Vaporfly run shoes following the heats.

"With the way the format is, swim, bike and run continuously, and no breaks, it's nice to be able to put your foot into a dry pair of shoes – they slip in easier," McCarron explained. "I only brought two pairs because I didn't think I'd make the final!" Unfortunately demand had outstripped supply in east London and McCarron had to make do with his existing trainers,

Jonny Brownlee executes a dive start in the warm-ups ahead of racing.


Athletes can also see the race unfolding in real time via the screens on bike and run.

COMPUTER SAYS NO: AMATEUR RACING ABORTED

The WiFi problems unfortunately wiped out the planned amateur racing for what was set to be a novel experience, writes Tim Heming.

"I'd said yes to the invite to take part in Supertri E's Super Saturday before I'd thought it through. A 100m pool swim, followed by a 2km cycle and then 1 km run, doesn't sound too taxing – even if we were going to have to go through twice.

"But having reported from the London Aquatics Centre previously, I then reflected on just how hot the venue gets, how little opportunity there would be to do a decent warm-up, and how little experience I had of a dive start into a pool, particularly the second time, when – no matter how conservatively I paced it – I'd already be blowing out of the proverbials.

"I'd interviewed enough athletes to know the cliches: 'brutal, no let-up, a shock to the system', so there was a lot to think about, and, worryingly, not much kit to pack! Helmet? No, Wetsuit? No? Bike jacket? No. I didn't even need a rear wheel on my bike. In fact, just a trisuit, pair of goggles, towel and run and bike shoes left an uncomfortable amount of space in my usually overflowing transition bag.

"When I arrived at the Aquatics Centre early morning to do my first job, covering the heats, it was clear something was up, and from the external perspective at least, the problem was handled with calm efficiency.

"I was meant to be taking part as an individual alongside two heats of local club relays to give locals a taste of the action and I was on my third coffee when the message came through that I was expecting: no racing today.

"I guess if they had to sacrifice any racing, then, Tim Heming versus Jonny Brownlee, it's not surprising which way the axe fell. The crowd would agree. With one Brownlee already retired, it's not certain how many more times we'll see Jonny competing on home soil. And not for the first time in London, the ever-competitive Yorkshireman gave them something to cheer about."

eventually finishing ninth, although he wasn't too disappointed. Having chosen to pursue medicine at university, triathlon has become more serious in the past few years.

"I treated the heats as the final to be honest," he said. "Whatever happened there onwards was a bonus. I grew up watching guys like Jonny Brownlee race and still remember listening to the London 2012 Olympics on a radio on a road in Derry. The whole Supertri experience is great. It's one of the best races to do, so well organised and so professional, just a great weekend of fun. The plan is to take a few years out and go fulltime in tri and see what that career holds."

At the sharp end, the men's race turned into an epic encounter as Maxime Hueber-Moosbrugger hunted down McQueen over the final kilometre to win the tightest of sprint finishes. It was a role reversal on the podium after Hueber-Moosbrugger had finished third last year behind victor McQueen, and the less-than-secret weapon turned out to be poolside commentator Michal Bucek, whose excitement at the gap was closing helped give the Frenchman the impetus.

"He made me realise I had a chance!" Hueber-Moosbrugger said. "The speaker was saying the gap was decreasing.. 8sec, 6sec.. and I tried to give it everything. I could have blown up in the last 200m and finished fourth, but I wanted to see if I could catch him. I will need to watch the replay to see what happened."

For the fourth straight year, the women's race came down to a showdown between Beaugrand and Potter. Beaugrand won in 2022, but Potter took victory in the following two years. This time the French woman levelled up, looking serene as she pulled away to win by 35sec.

Beaugrand, who spent the last two years training in Loughborough with coach Gav Smith (see issue 435), returned to the continent after winning Olympic gold last summer and has seen her form continue. "Ok, it's short distance, but still 40min of effort and I needed to keep something for the end - I was not chilling!" she said. As for leaving Loughborough. "It's not that I didn't enjoy my time in the UK, I enjoyed it a lot, but everything has an end, and I needed some sun again." 220

Aurlien Raphael and Max Stapley are the joint fastest swimmers in Supertri E history with 2:02 for their 200m

Supertri E could feature in a first esports Olympics in 2027

▶ Oscar Kelly of Team England competes with guide Charlie Harding at the Birmingham 2022 Commonwealth Games.

GUIDES FOR GOLD

Many of us will never make it to the Olympic Games... Or could we? British Triathlon's drive to find new paratriathlon guides could offer ambitious, talented age-groupers the chance of a lifetime. ▸

WORDS TIM HEMING **IMAGES** GETTY IMAGES

How many of us have dreamt about competing on the global sporting stage, but felt we would never have the opportunity? For budding British triathletes, who have the talent, attitude and ambition to succeed, that chance may be presenting itself.

The British Triathlon Federation is looking for new guides to support visually impaired athletes in its paratriathlon programme. The recruitment driver, called Guides for Gold, is to help build on Paralympic success as we look ahead to Los Angeles in 2028 and beyond.

But what is required of a potential guide, what sort of individual would it suit, how do you apply and what will you get in return? We turned to a gold-medal winning guide, an aspiring gold medal winning VI triathlete and the head of GB's paratriathlon programme to find out...

TOM HODGKINSON
HEAD OF BRITISH PARATRIATHLON

Having moved from British Cycling to take over the role of head of British Paratriathlon from Jonny Riall in 2022, Hodgkinson knew he had big boots to fill. But there can be no doubting the success of his tenure so far, as he led the squad to a record Paralympic medal haul in Paris.

As BTF now looks to bolster its talent ahead of Los Angeles in 2028 and Brisbane 2032, we caught up with Hodgkinson to find out what qualities the federation is seeking in a guide athlete.

Paratriathlon at world and Paralympic level is raced over the sprint distance of a 750m swim, 20km non-drafting bike leg and a 5km run. It means speed and power are to the fore.

"We want world class or developing world class athletes and people," Hodgkinson says. "We're looking for the synergy that is created when an athlete and guide train and perform in unison."

While they will need to be a high calibre short course athlete (see sidebar for requirements), it's not all about the bike. At least, not any more. With guide athletes forbidden from towing VI athletes on the swim and during the run legs, but unrestricted in how much pedal power they can supply, historically having a specialist cyclist as a guide was a preferred option. But Hodgkinson says the sport has matured.

"We're moving away from the pull of the strongest biker because of how well rounded performance levels are becoming," he adds. "The performance level has to be superb across swim, bike and run."

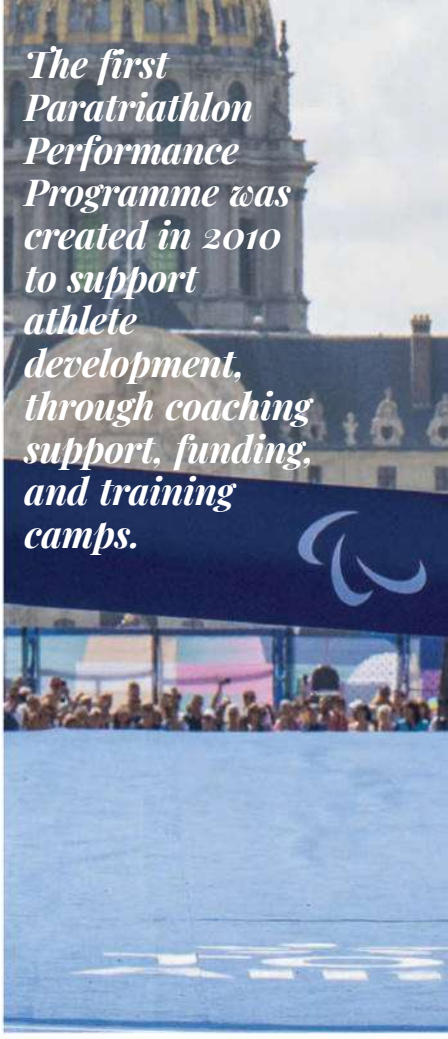
The attitude is as important as the ability because selected ▸

individuals will need to slip seamlessly into an existing structure and continue to foster the team culture. There are plenty of benefits too. "They have a full performance team to work with," Hodgkinson explains. "Physiotherapy, nutritionists, team leaders, and a range of world class event experiences that people can carry into the future."

If they are on the highest level of funding and training at the centre in Loughborough five days a week, they will also be in receipt of £27,000 a year tax-free, plus travel stipends and medical cover.

What sacrifice does a VI guide have to make? Mainly that they dedicate themselves to the role. As such, under the current rules they can't pursue their own individual career at continental, World Cup or World Series level for 12 months. However, not all prospective guides will need to give the same level of commitment.

"While not every guide will head to the Paralympics, there is also the need for guides to support in training groups," Hodgkinson says. "Numbers can vary, but if there are five visually-impaired triathletes on the pathway, then there needs to be twice as many guides to support in training and racing. I'd encourage anyone interested in the Guides for Gold programme to apply."



The first Paratriathlon Performance Programme was created in 2010 to support athlete development, through coaching support, funding, and training camps.

Q&A LUKE POLLARD ELITE GUIDE

Longtime guide of seven-time world champion Dave Ellis, with the duo winning Paralympic gold in Paris last summer.

How did you start in guiding?

The BTF put an ad out for Guides for Gold in 2018 and I thought it looked brilliant and that I'd love to give it a go. I was still in the RAF, racing continental cups and elite level super series, so it was something a bit different, going from draft-legal short course to non-draft paratri. I was happy to try something new and race in places I'd never get to go, or afford to go, as a solo athlete.

Guide Luke Pollard shares the moment of victory with Dave Ellis at Paris 2024.

What skills does a good guide need?

Guiding someone to achieve to the best of their ability is different from racing for yourself. At the forefront it's the communication Dave requires to get around the course as fast as he does without mishaps. That's not just verbal. We can't talk in the swim, so it's knowing what a tap on the shoulder means. But it's also adaptability. There are different rules and it's a different style of racing, and every race around the world is different.

Do you have to be a better athlete than the VI athlete?

As long as the athlete is able to race to maximum capacity that's enough. You need a good level of fitness to be able to guide, especially at this level. Dave was head and shoulders above me on the swim initially. I had to crack down and focus so I wasn't hindering him too much.

Do you need to live near to the VI athletes, in this case the training HQ in Loughborough?

Dave and I live quite close, which is massively helpful because the more time you spend with an athlete, the better. It makes racing so much easier. You understand their fitness and verbal cues, and can build better trust for better results.

What does training typically entail for Dave and yourself?

We pretty much do the same training. There's not much between us and after training together for so many years, we've found it just works better. We're training ourselves to be the same athlete!

It's something like four swims a week together, which is all my swimming, and I run with Dave three to four times a week. Dave can get around a loop on his own if he knows it quite well and it's quiet. It's also four times a week on the bike but during winter Dave is happy on the turbo and I'll head out on my own more.

How do you handle it if things go wrong?

Dave is such an easy guy to get along with and understanding if I make a mistake. If he has a stumble because I've not pointed something out, for example. He doesn't point blame and understands that this stuff happens.

Ellis and Pollard cross the line together in Paris as all the work training together paye off with a gold medal.

With Tim Don and Mark Buckingham also guiding Dave previously, was there competition between guides?

No. All three of us enjoyed it and were happy to share race experiences and feedback to make Dave a better athlete. We are all on the same team: Team Dave.

What's the best thing about being a guide?

The shared experiences. Racing as an individual is exciting, but it's the added bonus of getting to do stuff I'd never do as an individual athlete. I'd have no opportunity to go to something as big as the Paralympics.

We can probably guess, but what has been the biggest highlight of guiding so far?

Obviously Paris. Dave was waiting 16 years for that medal! But I think aside from that, winning our first race in Montreal in 2019, the first race in the qualification window for Tokyo, when I'd been working with Dave for six or seven months beforehand, thinking: Am I going to be a good guide or not?

OSCAR KELLY
ELITE VI TRIATHLETE

Visually-impaired triathlete who placed seventh in the Paris Paralympics and is chasing the podium in Los Angeles.

With Charlie Harding, Kelly's guide for the past four years now pursuing an individual career, the ambitious 24-year-old is looking for new guides to step up.

"I need someone who is going to be there and wants to be there!" is Kelly's honest assessment. "Look at the success of Dave and Luke. A lot of it comes because Luke is a genuinely giving person, and sees himself as part of a team. I've also got big ambitions, it's a step up in performance and realistically it's going to be more challenging to find guides."

Kelly, who has a degenerative condition called cone rod dystrophy, is looking for an individual whose strengths on the swim and the run complement his own and says he leans to someone with a background in short course

ROLL OF HONOUR

Paratriathlon has featured in three Paralympic Games. It was introduced in Rio 2016, where due to starting with only six categories, the men's VI class was omitted.

It didn't stop Team GB winning the joint most medals with the USA, and among the four on the podium were visually impaired athletes, Alison Peasgood (nee Patrick) guided by Hazel McLeod took silver, and Melissa Reid (guide Nicole Walters) claimed bronze.

Three more medals followed in Tokyo five years later, but this time despite both VI classes being included, there was heartbreak for Dave Ellis and guide Luke Pollard, as a broken chain ended their chances in the men's event, and the returning Peasgood missed out on a medal by just 2sec.

Moving on to Paris last year, there were more scenes of jubilation where a five-medal haul included golden redemption for Ellis and Pollard as they took the tape in emotional scenes on Pont Alexandre III.

Oscar Kelly with guide Charlie Harding competing on a tandem bike at the 2022 Commonwealth Games.

racing because of how critical cycling skills are in the sprint.

"Riding a tandem, you have got to have good bike handling skills and be comfortable pushing it, because we're not here to just get around," he adds. "If I'm comfortable on a bike, I can push it as hard if not harder than most. But they don't have to be the fastest athlete immediately. There is time to develop and there is both space for a reserve role and a full time role, and they are very different positions"

It's not all serious. Kelly says the squad environment provides a lot of laughs, and it's important to race with someone he gets along with. "We'll end up spending a lot of time together and we want to enjoy that time," he continues. "I'm chilled and laid back, so it should be someone who can have fun while being sensitive and how other people might feel after performances – and it's most important to have someone who's reliable!"

The numbers he is looking to hit are aimed at putting him on the Paralympic podium, and preferably the top step. "I'm clear on my goals for Los Angeles. It comes down to wanting to swim 9:20 for 750m in open water, which is 25-30sec faster than I'm swimming now. It's harder when you're tied together and trying not to compromise each other's stroke too much.

"The bike comes down to power, and a guide will need to hold 350-375 watts for a 20km race, which is routinely less than 30mins. On straights we can hit 60km. In Besancon in France last year, I believe some of the tandems were reaching up to 90km/h downhill. Then I want to run sub 15min off the bike, and doing that off an 8 out of 10 effort on the bike in a TT position is pretty hard."

Finally, if any potential guides need any more persuasion, Kelly says that the international races can be a great way to see the world. "The BTF supports its guides really well," he adds. "And there are plenty of international races this year including a nice trip to Wollongong in Australia for the World Championship in October. 220

WHAT DOES IT TAKE TO BE A PARATRIATHLON GUIDE?

There are no hard and fast rules about elite guiding, but to gauge the ability required, BTF have set the following benchmarks.*

Swim	Bike	Run
Men: 70-72 sec/100m CSS** Women: 75-77 sec/100m CSS**	Men: 400+ watts for 20min Women: 275+ watts for 20min	Men: Sub-15min for flat 5km Women: Sub-18min for flat 5km

Think you have what it takes?

Visit: **britishtriathlon.org/gb-teams/performance/paratriathlon**

WHAT SUPPORT DOES A GUIDE RECEIVE?

- Access to the world class programme including;
- £6-27k in grant funding per year (commitment & performance dependent)
- Centre access to swim, bike, run, gym.
- Performance support: all services.
- Medical cover
- Full support for travel to races.

Alison Peasgood being guided by debutant Brooke Gillies in the 2024 Devenport triathlon in Australia.

*TRAINING GUIDES, WHO MIGHT NOT REACH THESE LEVELS ARE ALSO REQUIRED **CRITICAL SWIM SPEED (CSS), PACE THAT CAN BE SUSTAINED FOR 1,500M.

220 BACK ISSUES & STORAGE

MISSED AN ISSUE?

ORDER ONLINE

shop.kelsey.co.uk/220BACKISSUE

01959 543 747*

*Lines open Monday-Friday 8:30am–5:30pm.
Overseas please call +44 (0) 1959 543747

STORE AND PROTECT YOUR COPIES!

Complete your *220 Triathlon* collection by ordering a back issue, and pick up an easy-to-store slipcase at the same time! There's no better way to house your collection and keep your favourite magazine in perfect condition.

shop.kelsey.co.uk/220BINDER

01959 543 747*

*Calls charged at your standard network rate. Pleases allow up 28 days for delivery. All purchases include a delivery charge.

SAVE OVER £25 ON YOUR FIRST 6 ISSUES

GET FIT FOR LIFE

SUBSCRIBE TODAY

Men's Fitness is for anyone who wants to look good and feel great. Each issue brings you original and in-depth features spanning the full spectrum of fitness and mental health. You'll also find PT-approved workouts, from strength sessions to fat-blasting bodyweight circuits; expert advice on every aspect of resistance training; nutrition know-how to help you fuel your fitness and recover right; and exclusive interviews with the best in the business.

GREAT REASONS TO SUBSCRIBE

- Save over £25 on your first 6 issues*
- Expert advice to build your best body, with scalable workouts and nutrition know-how
- Never miss an issue of your must-have magazine
- Get each issue delivered direct to your door in 100% plastic-free packaging
- Receive the free weekly e-newsletter**

VISIT SHOP.KELSEY.CO.UK/MFJ26

OR CALL 01959 543747 and quote code MFJ26

Scan our QR code – the easiest & quickest way!

SCAN HERE

HOTLINE OPEN: MONDAY-FRIDAY, 8.30AM-5.30PM. CALLS ARE CHARGED AT YOUR STANDARD NETWORK RATE

Terms & Conditions: *UK Direct Debit offer only. You will pay £26.95 for your first 6 issues, then £44.99 every 12 months via Direct Debit. Savings based on the standard basic rate which includes the cover price of £5.99 plus Kelsey Media's standard postage and packing price per single issue for 6 months. Offer ends 1st Jan 2026. Your subscription will start with the next available issue, and you will receive 12 issues in a year. Prices correct at time of print and subject to change. If you decide to cancel your subscription, we will put a stop to any further payments being taken and will send the remaining issues that you have already paid for. **Data protection: We take great care in handling your personal details and these will only ever be used as set out in our privacy policy which can be viewed at shop.kelsey.co.uk/privacy-policy. You may unsubscribe at any time. For full terms and conditions visit shop.kelsey.co.uk/terms.

KIT ZONE

THE LATEST GEAR - TESTED BY EXPERTS

MEET THE TEST TEAM

HELEN WEBSTER

220's editor is also a qualified open-water swimming coach.

ROB SLADE

220's content editor and resident adventure seeker.

MATT BAIRD

Has spent years testing tri kit and accessories for *220*.

JACK SEXTY

A strong age-grouper focusing on top-end gains.

JAMES WITTS

Former *220* editor James specialises in sports science.

OUR RATINGS

0-49%

POOR

SIMPLY PUT, DON'T BOTHER!

50-69%

AVERAGE

IT'LL DO THE JOB WELL ENOUGH

70-79%

GOOD

A DECENT PERFORMER

80-89%

IMPRESSIVE

ONE OF THE BEST YOU CAN BUY

90+%

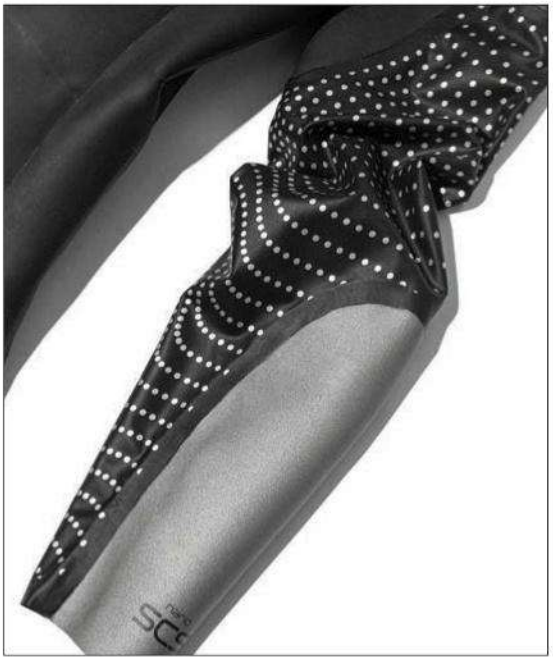
BUY NOW

A GENUINE CLASS LEADER

"Innovative new patterning moves the graphics off the shoulder to allow more flexibility through the freestyle stroke"

ORCA
APEX FLOW

£749 ★★★★★



The wetsuits from Orca have long featured in my race arsenal, starting with the original Orca Alpha many years ago and continuing post-redesign of the range with the Apex Flex, the top-end suit designed with flexibility in mind. The Apex Flow sits in the same top tier but isn't a suit I've tried before as it features more buoyancy through the core and thighs than I usually need as I'm quite a positively-buoyant swimmer.

Pulling on the Flow for the first time the fit was great, as I'd expect from this range. My suit was a large (I'm around a UK14 for reference) and the women's sizing range from XS to XL, with 4 to 11 for men with a tall version.

My suit had enough flexibility to pull on easily while still giving a snug enough fit that I didn't experience any leaks or flushing through the suit. The arms are a closer fit thanks to the insanely thin fabric less than a millimetre thick (the 0.88 'Free' technology) but a little care and time saw them on easily.

What is new in the 2025 version of this suit is a change on the arms with innovative new patterning which moves the graphics off the shoulders. Where marginal gains are important and a suit designed for maximum performance, every little counts and this decision has been made to allow more flexibility through the range of freestyle movement.

In to the water and I was pleasantly surprised by the feel of the suit and the body position it created. The Exo-Lift and Aerodrome technologies created a great body position which made me feel supported in the water and slightly 'downhill' but without the feeling of being over-corrected I sometimes experience in more buoyant suits.

The thin sleeves do make my arms feel a little chilly on entering the water, something I'm used to from swimming in other suits in the range, but over long swims in 15°C water this didn't bother me after the initial chill once the titanium coating responded and the bonus is the superb feel for the water.

As for the new shoulders, I found the Apex Flow true to its promise as it gave a beautifully unrestricted swim experience. The Yamamoto 44 neoprene is buttery soft and even over long swims of 5km (I'm training for a whopping swim event, more next issue!) I didn't experience fatigue in this area.

This is a top-end suit and as such comes with a top-end price tag making it a considered purchase. If you are in the market for a new suit though, then you won't go far wrong with the Apex Flow. **HW** *orca.com*

92% **VERDICT** Combining all the best of Orca's wetsuit tech with new tweaks for the best experience

ENDURA LOOP WAIST SHORTS

£40 ★★★★½

The new Loop Waist shorts from Endura offer a comfortable alternative to bib shorts for all day riding. They feature a high waist with thick waistband to provide a tight but not restrictive fit, which ensures they stay in place.

The fabric is medium weight which gives a supportive feeling of mild compression on the thighs. The legs are held in place by a wide band of silicone printed grippers which give a comfortable fit to the raw edge seams.

There is a drawstring at the waist which is neatly finished with a tab to ensure no loose ends that can frustratingly disappear into the waistband. I found the waistband adequate without the need to tighten the drawstring.

The shorts feature the 400 Series multi density gel pad which provides excellent protection and the soft moisture wicking covering ensures plenty of comfort in those longer training rides. The added protection was welcomed on bumpier gravel rides too. It's quite wide so the zigzag stitching does sit slightly on the inner thigh which creates an unsightly inner thigh bulge between the seatpad stitching and the leg bands. I did experience some piling of the fabric in this area too.

With two large deep pockets, one on each leg, there is plenty of storage space for snacks. The pockets are easier to access than rear pockets but obviously there is a cost to aerodynamics of extra bulk on the thighs. Recommended for adventure rides. **SB** *endurasport.com*

79% **VERDICT** Some nice features here if you're after shorts for off-road riding.

ENDURA LOOP ZIPPED S/S JERSEY

£49.99 ★★★★½

Endura offer a super comfortable relaxed-fit traditional cycle jersey in the Loop Zipped Short Sleeve Jersey. You could even size it down if you prefer a more athletic fit, and the extra length in the rear of the jacket (including additional longer hem under the pockets) ensures you remain covered up even when assuming a more aggressive riding position with pockets stuffed.

The jersey has three good sized rear pockets with elasticated tops plus an additional zip shut pocket which has plenty of space and can comfortably accommodate keys, money and a phone. There is still plenty of space for snacks, a jacket and other essentials.

The jersey features a full length zip which runs up and down with ease. There is no cover at the top of the zip but I didn't experience any chafing and thanks to the relaxed fit there was no pulling from the shoulders either.

It is made from Endura's lightweight DriRelease fabric which feels really soft and silky against the skin. In addition to the light feel, the back panel has a mesh panel which enhances ventilation and ensures that any moisture can quickly escape keeping you dry inside. Although it feels light to the touch, I found I was adequately warm enough riding in dry temperatures of around 18–20 degrees and didn't require an additional layer.

This is a great option for road or off-road everyday riding where comfort and storage are important. **SB** *endurasport.com*

81% **VERDICT** Comfortable jersey with nicely-considered features for long rides.

GOODR ASTRO G

£40 ★★★★☆

The Astro G is a new design from budget sunnies brand Goodr and in their typically quirky descriptions are designed for 'bigger noggins' which I'd say rings true, as they dwarfed my face and to be honest made me feel a bit self-conscious training in them – unlike the smaller Bolt G design tested last month. That said, male colleagues liked the design though and if you prefer a bigger set of sunnies for riding and running, these could be right up your street.

That wide design incorporates a half frame with a gap at the top. I did experience a little misting on hot runs, but nothing too unexpected.

The lenses are a polarised graduated tint from dark at the top to light at the bottom which did a nice job on brighter days. They have UV400 protection.

Where Goodr sunnies win is in the lightweight, no-slip and no-bounce design and these were no different with a grip coating on the arms and an adjustable nose piece which made it easy to get the perfect fit. True to the promise, long runs and rides saw the Astro G stay perfectly in place with no slipping once things got a bit more sweaty.

Three designs are in this range: this blue version are 'Kidnapped By A Cyborg' but two other options – black frames or pink frames with a blue mirrored lens – are also available and the pink/mirrored would likely be my choice as I prefer a mirrored lens.

Finally price: that's a decent RRP if you're not looking to spend loads on sunnies! **HW** *goodr.co.uk*

85% **VERDICT** Big, bold sunnies for summer adventures. A bit big for my small face though!

DARN TOUGH WOMEN'S RUN QUARTER ULTRA-LIGHTWEIGHT RUN SOCK

£23 ★★★★★

Vermont-based sock brand Darn Tough make a bold promise about their socks – if they're not the longest-lasting you've owned, you can return them for another pair. Which is a good job, because these merino run socks have been on a constant wash-and-wear cycle in my house since they arrived a couple of months ago. Yes, they're that comfortable I've found myself reaching for them on non-running days too thanks to the soft, breathable fabric and perfect fit which is designed not to slip or bunch. Added marks for the funky retro design, though this style come in other colours too. **HW** *darntough.uk*

92% **VERDICT** Quite simply the best pair of socks I've ever owned. Incredibly comfy!

BUFF COOLNET WIDE UV HEADBAND

£14.95 ★★★★½

Made from recycled plastic bottles this wide headband is handy for run days if you need (like me) to tame wild hair. I found the band smooth and comfy and thanks to the 'cooling technology' it did a good job of stopping my bonce getting too hot and sweaty underneath it. There's the added benefit of sun protection too, if you don't like wearing a run cap. **HW** *buff.com* **220**

88% **VERDICT** Well-designed headband with some nice technical features.

stolen goat

GROUP TEST:

BUDGET TRI-SUITS

Whether you're new to the sport or need an upgrade, a tri-suit is one of the most important buys you can make. Matt Baird and Sarah Broadley review the best sub-£200 contenders for 2025

WORDS SARAH BROADLEY AND MATT BAIRD
PHOTOS ED BROADLEY AND ELLIOTT BAIRD

One of the most common things newbies to triathlon ask about is the difference between a tri-suit and a wetsuit... Well, put simply for those of you new to these pages, the wetsuit is the thing you wear just for the swim (made from neoprene, or with recent eco-developments, Yulex) and a tri-suit is the Lycra shortie worn underneath it and then kept on for the whole race.

Yep, a tri-suit (or triathlon suit) is a garment specifically designed for racing all three disciplines of triathlon. Made of a similar quick-drying fabric to swimwear, it's flexible, hydrodynamic and aerodynamic so it can cater for the demands of swimming, cycling and running.

Thanks to improvements in technology and fabric, although this test showcases the best suits for men and women under £200, there are actually some really good suits in here. Gone is the need to race in a one-colour billy-basic suit with an unflattering cut and bulky chammy as a new triathlete or one on a budget – some of the ones here would be well at home in pro races.

So what are our testers looking for? Comfort is king, so we don't want to see any chafing around the seams or under the arms. The chammy needs to be comfortable for long-ish bike legs (depending on the race you're doing – you may want a bit more comfort for a 70.3 or Ironman, for example) and the chammy needs to be easy to ignore on the run. You don't want to feel like you're wearing a nappy.

Ease of use comes into play – are toilet stops easy? Is the zip simple to operate for cooling? Does the design take into consideration the need to wick moisture, dry quickly and also keep you cool on hot days? Finally, aesthetics play a part. Looking good definitely helps you get the edge on race day. Ready? Set? On to the testing..! ▸

MEN'S TRI-SUITS

ZONE3 ACTIVATE+ SHORT SLEEVE

£139

★★★★☆

zone3.com

Your race-day supporters will certainly see you coming in the Activate+ Short Sleeve from British brand Zone3, with its orange, sky blue and yellow colourway. Thankfully the dark panel below the waist is more modest. Zone3 only offer this colourway for both male and female racers [female version on p59], and there's also a sleeveless version for a tenner less.

The Activate+ SS is a likeable suit with plenty of trickledown tech from Zone3's costlier contenders. The leg bands are especially impressive, with silicone beads holding them in place on the legs to give a secure yet unrestrictive fit. The lengthy arm sleeves also have bands, albeit they're less techy than their lower leg siblings, which limit the water ingress on pool swims (and stop the sleeves riding up under a wetsuit). That near-elbow length should also increase the aerodynamic appeal given material is often recorded as being faster through the air (and water) than skin.

Onto the pad and its slender nature makes it trouble-free on the run, but I'd really want more cushioning if I was attempting a 90km middle-distance bike leg in this. I'd also demand more stashing space than the one single rear pocket, which can hold about three energy gels at best, although its open nature makes it easy to access on the bike and run (that open top is less beneficial for hydrodynamics on any pool swims).

I experienced no comfort issues from the seams within and the full-length zipper garage prevented any scratchiness from the zip. Those wanting to race middle-distance and up in this may well want a breakaway zipper for pre- and mid-race toilet convenience, however (I certainly do).

The sizing felt on the money as well, although worth noting is that Zone3 don't offer an XS version in this suit for any smaller or slimmer athletes below around 168cm tall and weighing less than 62kg.

The 100% recycled materials are a further boon, especially on a suit at this sub-£150 pricepoint, and the recycled mesh back panel that runs the length of the spine will be welcome on midsummer racing days. The material felt reasonably breathable as well and is silky on the skin, but there was a visible element of body hair through the fabric (a handful of hairs also protruded through the material, which wasn't the best look).

Overall, then, the Activate+ Short Sleeve ticks the affordability and performance boxes for sprint- and Olympic-distance racing, and the materials and seam construction suggest it'll last a good number of triathlon seasons. Now it's up to you to pull off that iced lolly-esque colourscheme...

83%

VERDICT Well-priced and well-made, but the pocket and pad make this better suited to shorter races

ORCA LITE £119

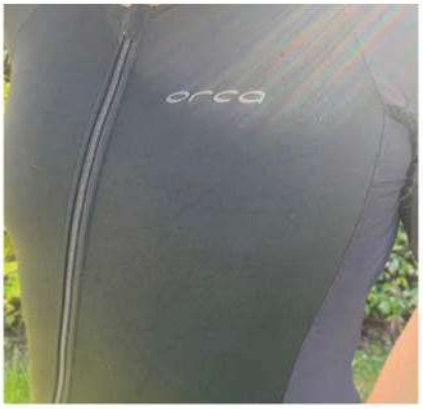
★★★☆☆

orca.com

Orca's cheapest tri-suit features there's tech that's trickled down from their loftier race-focussed outfits. That starts with the silicone-beaded leg bands, which do the job securely and with no hint of 'sausage leg' syndrome, and continues with the textured arm sleeves seeking to heighten the aerodynamic gains. There's plenty of stretch in the materials (complete with 20% elastane) and the fit doesn't feel as race-orientated as many of the suits here. The vast swathe of mesh material on the back and sides with Vapour-cool tech make this a breathable devil, though. The chamois is more supportive than most here and should handle an Ironman 70.3 bike leg, although there's no breakaway zipper. I found the open rear pockets pretty basic and shallow. Colourway is inoffensive, if a bit dull.

73%

VERDICT Plenty of tri-suit for your buck, but there are techier suits here at a similar price



STOLEN GOAT VENOM £160

★★★★☆

stolengoat.com

The Venom arrives with Stolen Goat's trademark eye-popping design, and I like it. It also features plenty of well-crafted features, including silicone beads on the legs (chosen over a dedicated band) to hold the sleeves in place, raw-cut limbs and a full-length zipper garage. SG describe the fit as 'serious' and I'd suggest sizing up if you're between sizes, but it's not as tight as some race-focussed contenders as the 22% of elastane offers plenty of stretch (sizing from XS to XXXL). That material boosts sizeable mesh panels on the back and sides for ventilation, while dimpled textures on the sleeves hint at aerodynamic gains (we've yet to test in a wind tunnel). The kangaroo-style duo of rear pockets are sizeable, the breakaway zipper great for pitstops and the pad can handle up to middle-distance length.

85%

VERDICT Stylish, slick and packed with race-day features at a welcome price, can just handly middle-distance.

MEN'S TRI-SUITS

220 TRIATHLON HIGHLY RATED

CASTELLI CORE TRI SUIT £169

★★★★½

castelli-cycling.com

Top Italian outfit Castelli's tri-suit range isn't huge and they're still a brand more associated with cycling than multisport, but with the Core Tri Suit they now boast two of this decade's great tri-suits. The other suit is the PR 2 Speed Suit, which excelled in our wind-tunnel and tri-suit tests last year and is very much Iron-distance friendly. With a £360 pricetag, however, it's not so friendly on the wallet, which is where the cheaper £169 Core comes in.

Although one of the more expensive suits on test here, the Core instantly feels higher end; the luxurious, silky material sitting close to the skin with no hints of restriction or hot spots. That comfort is aided by raw-cut sleeves on both the arms and legs and a classy internal fit with tidy seam work and quality construction.

The arms sit on the skin without the need for any bands, while the brand's GIRO4 flat leg grippers are the most comfortable and supportive here, aided by silicone strips to hold the legs in place. Both leg and arm sleeves are lengthy and raw-cut for added aerodynamics, although the textured fabric of the PR 2 Speed Suit is absent.

There's also a pure black version, but I like the fresh look of this Belgian Blue and White option, which comes in XS to 3XL sizing (female racers also get the Black and a Belgian Blue/Bright Rose option). I'm between a small and medium for most brands and would definitely recommend sizing up if you're between sizes, but it's not furiously tight like some previous Castelli suits or some of their cycling jerseys.

Castelli's cycling roots used to show in their overly large triathlon pads, but they've since remedied that to great effect, their KISS Tri chamois offering plenty of padding for long-course races but not proving bothersome on the run. The pad is the one in this test that I'd want to attempt 90 or 180km racing in, proving both quick-drying and plump enough for long-distance racing.

The 3/4-length YKK front zip has a small yet effective zipper garage at the top and remained irritation-free. I'd personally prefer a breakaway zipper for middle-distance and up, but speedier athletes who swallow less water on the swim than me won't mind the lack of toilet convenience.

Continuing the long-distance appeal are the kangaroo-style duo of rear pockets, which didn't produce drag in the pool and are sizeable enough for plenty of gels and energy bars on the bike and run. They're also easy to reach into and lengthy for stashing the tallest of energy gels. Overall, then, this is a wonderful suit for both short-course and middle-distance racing and one that's very hard to find fault with.

90%

VERDICT Slick, stylish and good value: a winner for sprint, Olympic and 70.3 racers

TRI-FIT VANGUARD £125 ★★★★★

tri-fitathletic.com

UK-based brand Tri-fit have swiftly established themselves as a major force in tri-suit design, with plenty of top-end features at mid-level prices. The new Vanguard is their cheapest suit yet, but cost-cutting measures are hard to detect given the dimpled sleeves, classy construction and kangaroo-style rear pockets. The raw-cut legs with silicone beads are also svelte yet effective, while the zipper guard and breakaway zipper are welcome features. The pad offers plenty of coverage over the saddle yet isn't hugely plump – ideally for short-course events. The navy colourway is understated yet stylish and that material has plenty of meshing on the front, rear and sides for race-day ventilation, completing a winning race-day package at a more than welcome price.

93% **VERDICT** A fantastic suit full of race-friendly features at a surprisingly cheap price

220 TRIATHLON BEST ON TEST

NOPINZ PRO-1 EVO SS TRISUIT £184.99 ★★★★½

nopinz.com

Nopinz's aero forte shines in the lengthy leg and arm sleeves of the Pro-1 Evo, complete with textured material, all held secure with the tacky, slightly sticky grippers. The Kangaroo-style rear pocket stays drag-free in the pool, while sizeable enough to stash a handful of gels on the bike. The chamois is neatly stitched with some dense padding around the perineum, but I'd personally want more padding for anything over 90km in the cheek areas. That said, I'd prefer a breakaway zipper for toilet convenience on Iron-distance racing days.

The material is comfortable, breathable and quick to dry, but the arms are quite tight and the material does result in some see-through fabric around the belly area. Nopinz offer 2XS to 2XL plus Standard and Tall options.

88% **VERDICT** A well-priced, comfy and aero suit with multiple sizing options, though chammy may not handle long distance.

WOMEN'S TRI-SUITS

220 TRIATHLON BEST ON TEST

TRI-FIT VANGUARD £125

★★★★★

tri-fitathletic.com

This new entry level triathlon suit from Tri-fit offers a fabulous suit at a super competitive price point which is perfect if you are budget conscious and looking for some great kit. The Vanguard has full front access with a zip opening front jersey style top which makes it so much easier to get on and off than the traditional design.

In the lower body you'll find the ergonomic panel construction which provides a glossy finish and with a good close fit around the thighs both great for aerodynamics. The top section of the suit is made from a much more breathable fabric which helps with cooling thanks to the quick dry mesh. Any water left over from the swim quickly evaporates from here and it doesn't really soak into the bottom half so it dries quickly. The legs offer the seamless raw edge with printed silicone grippers that keep it in place further enhanced by a silicone hem strip which prevented any roll up when the wetsuit was put over the top,

Tri-fit offer a great cut on the shorts; the high waist provides an excellent, comfortable fit around the waist and prevents any little gap appearing between the shorts and top - no one needs to see my belly button whilst I am racing!

The YKK zipper feels sturdy and runs up and down easily. The only slight snag is that there is an inner fabric liner on the upper part of the zip, presumably to prevent chafing at the chest, but I found the zip catches on this when zipping up on the move. A fabric flap over the top of the zip would improve the neckline but I appreciate you can't have everything at this competitive price point.

The elastic Interface chamois pad is both extremely lightweight and super soft but as it's not very thick you'll want to ensure you are well adjusted to being in the saddle. That said, it is super soft with almost zero bulk so no discomfort on the run - you really can't feel it is there at all. There are two adequate sized, easily accessible pockets on the rear of the suit. They are deep enough to store some gels and snacks and well ventilated so you don't end up with sweaty, soggy contents.

It is great to see the Vanguard available in some unique colour ways - Plum, Black and the Wine Red that I tested here. A clear single colour design with the subtle Tri-fit logo on the sleeves and legs creates a suit that looks more expensive than it is.

The suit is built for all distances - I'd be happy up to half iron distance but personally think I would need more padding in the chamois to cycle more than 90km (not that I've tried it!). With many features of a high performance suit at a very competitive price this is a great option if you need a new suit for 2025.

93%

VERDICT The female version of this suit bags my best on test award too - so that's two for Tri-fit in this test!

220 TRIATHLON HIGHLY RATED

TRI-GIRL STAR TRI-SUIT £129

★★★★★

trigirl.co.uk

It's always great to test new products in the market place and I was especially excited to try this tri-suit fromTriGirl. I'm a big fan of sporting garments that have been designed specifically with the female body in mind and even more so when they are UK designed and the environmental impact of the item considered.

The material used is where they differentiate in the market place. The suit is made from 100% Econyl which are re-generated nylon yarns - as strong and durable as virgin nylon but with the huge benefit of being a solution to waste nylon (including fishing nets).

The sustainable credentials don't stop there. Production in the EU ensures fair wages and working conditions and facilitates over land transportation. All packaging materials are recycled or biodegradable.

On their recommendation, I sized up due to being above average height for a female. The extra size gave me the necessary length in the body and ensured a good fit around the chest, legs, arms and hips and although of the more traditional one piece design the slightly longer zip length meant it wasn't difficult to get in to.

The sleeve and leg openings have a soft lycra stretch band in a bright contrasting colour and although there are no silicone grippers they did stay in place well. The only issue I had was that the legs did roll up when putting a wetsuit over the top!

The suit sits comfortably against the skin with no chaffing experienced during testing. The wider neck line coupled with the lighter perforated fabric and zipper cover at the top made it the most comfortable neck line of all suits on test.

On the bike and whilst running I had great freedom of movement and the fabric was effective at keeping me cool and taking away the sweat. The suit did feel like it held slightly more water post swim than the others on test but this quickly dried once I was spinning on the bike. The suit tested had a single layer 4mm chamois which was on the thinner end but they do offer a 3-layer 8mm chamois which I would recommend for middle distance or longer events.

The zip was the most free running of all the suits on test, making it easy to move up and down even whilst on the move and there is one pocket, with two access options across the rear.

The suit is available with or without a separate bra option (£129 or £149). I found the seams on the underarm of the bra did cause some chafing when swimming in seawater but this wasn't experienced in fresh water.

Overall this is an exceptional suit for those new to triathlon. A great entry level price point, women specific design, super fit and comfort.

92%

VERDICT Great to see a brand designing just for women and with some superb eco credentials, too.

WOMEN'S TRI-SUITS

STOLEN GOAT
IBEX ADVANCED SS TRI SUIT

£140 ★★★★½

stolengoat.com

The Ibex Advanced from Stolen Goat has a good fit and the Chemistry colour tested here offers an attractive eye catching design on the upper body. The suit sits in contact with the body in all places which aids aerodynamics but doesn't feel constrictive around the hips and shoulders offering a comfortable fit with plenty of freedom for movement.

Made from a four-way stretch fabric, it adjusts to your body shape well. The sleeves and legs are raw cut edges so no uncomfortable seams and the legs are held in place by effective silicone grippers. The sleeves are made from a slightly different material which grips neatly onto the upper arms holding the sleeves in place.

The front torso panel means that it has a jersey-style opening which makes it so much easier to get on and off especially if you have strong swimmer's shoulders! I would have benefitted from a slightly longer length on the front of the body as I did end up with a small gap between the top and the shorts. I also found the collar quite high in comparison to other suits on test which lead to some chaffing during swimming when coupled with a wetsuit. A wider neck may have prevented the top pulling up to reveal my belly button mid run.

The suit is made from a lightweight and airy fabric which helps to maintain a comfortable body temperature assisted by the perforated holes in the rear body and side panels which mean that any sweat build up could quickly escape and evaporate. The fabric is good at not taking on too much water in the swim so dried quickly post swim without excessive dripping at the start of cycling.

The close fit of the suit meant no drag whilst cycling and the FZPS420 - Cancun Slim Pro 5 chamois offered adequate protection for the 50km rides I tested it on. The chamois offers a good balance between providing comfort on the bike without becoming uncomfortable on the run. When running, I wasn't really aware of it at all and there was no chafing.

The zip runs smoothly up and down meaning you can easily unzip for some extra cooling mid run and the tri suit features two pockets on the rear with ventilation which prevents the contents from becoming too sweaty. Snacks were relatively easy to access during the run and it was great that I could open the packets as they weren't saturated with sweat.

Stolen Goat offer a race-ready fit with the Ibex Triathlon suit and is a great option for those new to triathlon or the more seasoned athlete. The body contouring fit provides a great balance of comfort and performance. Its ventilation means it is an ideal choice for a sunny day triathlon. Sizing from XS to XXXL.

89%

VERDICT Good balance of ventilation and comfort and nice to see a slightly different, striking design on test.

ZONE 3 ACTIVATE + £139

★★★★½

zone3.com

Zone 3's Active+ short sleeve triathlon suit was certainly the most eye catching one in this group test. It offers great performance, a good fit and environmental considerations with the use of 100% recycled materials.The suit has a race fit and it was definitely the most snug for its size. The relatively short front zip did mean that a little contorsion was required to get my shoulders in but once on, the suit fitted well. The chamois was one of the best on test – good padding on the bike and unaware of it on the run. It is made from quick drying fabrics designed to reduce water absorption which were really effective but I felt that this came at the cost of ventilation. It dried quickly post swim but I soon got warm on the bike and then hot running despite the ventilation panel in the rear.

82%

VERDICT I agree with Matt – lots to like in this design, though for me it's one for cooler race days as it's a bit warm.

HUBB PINNACLE £244.99

★★★★½

huubdesign.com

The HUUB Pinnacle fits true to size in the body and the Open Zip construction means that it is easy to get on and off. It features longer arm lengths providing additional comfort on the bike and allowed for good shoulder movement in the swim. I found the legs were too loose and therefore I didn't get a good grip from the silicone beading which resulted in the legs curling up and rising whilst on the bike and running. The excess fabric bunching around the cycle pad and groin did lead to some discomfort and chafing. There is plenty of ventilation in the suit. It dried well after the swim and was cool enough on the run. The two rear pockets are easy to access and the elasticated edge kept the contents secure. It's a shame about the leg fit, other than this a smart, stylish suit. 220

76%

VERDICT Smart and stylish suit, but I did have some chafing/grip niggles. On sale at time of writing (£149.94)

ESSENTIAL KIT

All you need to train & race, as rated by our 220 Kit Zone expert testers

TOP-END WETSUITS

If your goal is to exit T1 first, you'll want a suit that strikes the balance between flexibility, buoyancy and comfort, while also being super easy to remove on the fly.

Orca
Apex Flex
★★★★½
£589 Soft and flexible; ideal for good swimmers.
Issue 432
orca.com

Yonda
Ghost 3
★★★★½
£589 Impressive mix of flexibility and buoyancy.
Issue 417
yondasports.com

Sailfish
G-Range 8
★★★★★
£691 Unrivalled freedom and the fastest on test.
Issue 432
sailfish.com

Zone3
Vanquish X
★★★★½
£699 A dizzying array of tech put to good use.
Issue 432
zone3.com

Zoggs
Hypex Ultra FS
★★★★½
£700 Incredibly supple; improved hydrodynamics.
Issue 432
zoggs.com

BUDGET WETSUITS

Always try before you buy as sizes can vary massively between brands. Then consider your swim ability, as some features may be lost on newbies (e.g. thin neoprene and reduced buoyancy).

Van Rysel
SD Neoprene
★★★★☆
£119.99 A great option for shorter distances.
Issue 406
decathlon.co.uk

Lomo
Nuotare
★★★★☆
£125 Price, comfort and inclusive sizing combine.
Issue 422
lomo.co.uk

Speedo
Proton
★★★★½
£140 A crazy price for a suit that performs so well.
Issue 417
speedo.com

Zone3
Aspect
★★★★½
£179 Performs well and is breaststroke specific.
Issue 429
zone3.com

Orca
Athlex Float
★★★★½
£239 Great movement and buoyancy.
Issue 417
orca.com

POOL GOGGLES

When shopping for a new pair, consider tint to deal with bright lighting, width of vision and comfort to ensure a fuss-free swim.

Orca
Killa Speed
★★★★½
£17 Sleek goggles with a choice of nose bridges.
Issue 427
orca.com

Zoggs
Predator
★★★★½
£25 Great price and size range; no leaks or fogging.
Issue 427
zoggs.com

Tri-Fit
Rapid-X
★★★★½
£30 Superb visibility; soft and comfy gaskets.
Issue 427
tri-fitathletic.com

Roka
R1 Clear
★★★★½
£32 Superb all-round visibility. Great fit, too.
Issue 427
uk.roka.com

Zone3
Volare
★★★★½
£35 Great, comfy fit, plus polarised lenses.
Issue 427
zone3.com

OPEN-WATER GOGGLES

Outdoor swimming goggles should ideally have mirrored or polarised lenses for greater clarity. Often the lenses are bigger, too, for greater peripheral vision.

Orca
Killa Comfort
★★★★½
£24 Comfortable, great visibility and an impressive price. Good stuff.
Issue 430
orca.com

Zoggs
Predator Ultra
★★★★½
£38 A true classic and top performance from the polarized lenses.
Issue 430
zoggs.com

TheMagic5
Blue Mirror Gold
★★★★½
£75 Made-to-measure goggles that deliver near perfection.
Issue 430
themagic5.com

Aquasphere
Defy.Ultra
★★★★½
£129.99 Elevating swim masks to a new level. But at quite a price.
Issue 430
uk.aquasphereswim.com

Form
Smart Swim 2
★★★★½
£229 Unique tech that offers real benefits for pool and open water.
Issue 430
formswim.com

COLD-WATER SWIM KIT

Adding neoprene accessories can make your winter swimming much less biting, so consider swim caps, gloves and socks.

Lomo
Open Water Socks
★★★★☆
£21 Good breadth of sizing, plus appreciated grippers to avoid slipping.
Issue 425
lomo.co.uk

Orca
Thermal Cap
★★★★½
£35 Warm and plenty of flex; great thermal lining for the price.
Issue 425
orca.com

Zone3
Heat-Tech Gloves
★★★★½
£39 Toasty and great grip. Liquid-seal finish ensures snug fit.
Issue 425
zone3.com

Zone3
Heat-Tech Socks
★★★★½
£39 You can't argue with the warmth and waterproofing here.
Issue 425
zone3.com

2XU
Propel Gloves
★★★★½
£45 Cosy pair of gloves with superb grip. Just check the size fits you.
Issue 425
uk.2xu.com

For tonnes more tri kit, head to 220tri.com

TURBO TRAINERS

Turbo trainers range from the traditional A-frame design to smart trainers that sync to online training platforms like Zwift and Rouvy.

Tacx
Flow
★★★★☆
£299.99 Simple set up, impressively quiet and a great price.
Issue 426
garmin.com

Wahoo
Kickr Core
★★★★½
£549.99 Capable and quiet. Comes with 12 months of Zwift, too.
Issue 415
uk.wahoofitness.com

Saris
H3
★★★★½
£749.99 Feature packed and accurate. Often heavily discounted.
Issue 426
saris.com

Elite
Justo
★★★★☆
£999.99 'Flex Feet' provides a natural ride feel and relatively light at 17kg.
Issue 426
elite-it.com

Wahoo
Kickr Move
★★★★☆
£1,399.99 A very good high-end trainer, but needs tweaking. Pricey.
Issue 426
uk.wahoofitness.com

TRIATHLON BIKES

The key here is fit and comfort. Remember: the least aerodynamic thing on the bike is you, so have a bike fit to refine your position.

Argon 18
E119 Tri+ Disc
★★★★☆
£7,300 This is a fast, aggressive triathlon superbike with plenty of impressive innovation.
See 220triathlon.com
argon18.com

Orro
Venturi Tri
★★★★½
£5,950 Climbs purposefully, handles like a road bike and is pretty damn fast.
Issue 421
orrobikes.com

Cube
Aerium C:68X SLT
★★★★½
£8,999 A blisteringly fast, cutting-edge tri superbike with a bonus hydration option.
Issue 428
cube.eu

Canyon
Speedmax CFR Disc
★★★★★
£12,949 Blisteringly fast and the best integration we've seen on a triathlon bike.
Issue 388
canyon.com

Trek
Speed Concept SLR 9 AXS
★★★★½
£13,000 Fast and compliant, with disc brakes and all mod cons.
See 220triathlon.com
trekbikes.com

AEROBARS

You provide around 80% of the drag you endure on the bike. That's why a pair of clip-on aerobars is vital for a streamlined performance.

Van Rysel
Aptonia
★★★★☆
£39.99 Incredible-value aerobars that though aimed at long distance are better for short course.
Issue 431
decathlon.co.uk

BBB
Aerobase
★★★★☆
£64.95 Well-shaped extensions and range make these a smart clip-on introduction.
Issue 420
bbbcycling.com

Profile Design
Sonic Ergo 39A
★★★★☆
£149.99 Versatile, good-value clip-ons that are easily fitted. A multitude of configurations.
Issue 431
profile-design-eu.com

Profile Design
Subsonic Ergo 35A
★★★★½
£179.99 Great for those looking to go very low, but standard Sonics have broader appeal.
Issue 420
profile-design-eu.com

Deda
Elementi Superzero Extensions
★★★★☆
£207.99 Well-crafted and lightweight. Their stubby design isn't for all.
Issue 420
dedaelementi.com

TRI BIKE SHOES

Triathlon bike shoes are subtly, but importantly, different than cycling shoes as they contain features for a swift transition. Heel loop, rapid closure system and sole drainage holes are some of the multisport features.

Van Rysel
Aptonia
★★★½☆
£79.99 A solid shoe and a good price, though the jury's out regarding the closure zipper.
Issue 428
decathlon.co.uk

Mavic
Cosmic Elite Tri
★★★★½
£165 Comfortable shape, fine closure system and nice big pull tab for fast transitions.
Issue 428
mavic.com

DMT
KT1
★★★★½
£249.99 Phenomenal comfort, impressive breathability and very supportive.
Issue 428
chickencyclekit.co.uk

Fizik
Transiro Hydra Aeroweave Carbon
★★★★½
£289.99 A fine shoe with numerous tri-friendly features, but pricey.
Issue 428
fizik.com

Mavic
Ultimate Tri
★★★★☆
£385 Wonderfully stiff and breathable shoe but cost hard to justify for the majority.
Issue 428
mavic.com

HELMETS

Helmets are divided into road, aero road and aero. Each has its attributes, from greater ventilation to lowering drag. Note: if you go full-on aero, those benefits are lost if you can't maintain an aero position.

Van Rysel
FCR
★★★★½
£89.99 Solid aero performance and plenty of race-friendly features.
Issue 431
decathlon.co.uk

Met
Estro MIPS
★★★★☆
£120 A lean and stylish mid-range lid with added safety benefits.
Issue 412
met-helmets.com

Giro
Eclipse Spherical
★★★★½
£239.99 Great fitting mechanism and slick dial for a comfy fit.
Issue 431
giro.com

Specialized
S-Works Evade 3
★★★★½
£250 Fast, streamlined and comfortable. One of the best out there.
Issue 431
specialized.com

Abus
Gamechanger 2
★★★★☆
£289 One of the safest helmets out there plus solid aero credentials.
Issue 431
upgradebikes.co.uk

ESSENTIAL KIT

HEADPHONES

Sound quality's integral to any set of headphones but, when it comes to triathlon, safety plays a big part, too. Cue bone-conduction headphones, plus options for swimming.

Shokz
OpenRun
★★★★★
£129.95 Quality option that lets you hear the surrounding area, too.
Issue 403
uk.shokz.com

H2O
Audio Sonar Pro
★★★★½
£147 Swim- specific option with great sound and comfort.
Issue 422
h2oaudio.com

Suunto
Wing
★★★★☆
£169 Solid sound for an out-of-ear headphone; LED lights boost visibility.
Issue 425
suunto.com

Shokz
OpenSwim
★★★★☆
£169.95 Another swim-specific pair that does a solid job.
Issue 422
uk.shokz.com

Shokz
OpenFit
★★★★½
£179 Great sound and comfy, but easier to hear surroundings with others.
Issue 423
uk.shokz.com

TRAIL RUNNING SHOES

A good trail shoe features a breathable upper to aid drainage. Good traction's also vital for staying upright on undulating and muddy terrain.

Nike
Pegasus Trail 4
★★★★☆
£129.95 Flexible and decent traction, albeit not aggressive enough for proper muddy trails.
Issue 425
sportsshoes.com

Saucony
Peregrine 13
★★★★½
£130 If you're looking for an all-rounder that offers good value and decent performance, this is it.
Issue 425
saucony.com

Inov-8
Roclite G 275 V2
★★★★½
£135 A bulletproof trail shoe that's well-suited to wintery conditions and offers reasonable value.
Issue 425
inov-8.com

La Sportiva
Cyklon
★★★★½
£170 A wonderful, technical trail shoe with great traction and the reliable BOA dial.
Issue 425
lasportiva.com

Hoka
Tecton X 2
★★★★½
£185 An enjoyable, propulsive yet stable ride, though not perfect in deep, wet mud.
Issue 425
hoka.com

MILEAGE RUN SHOES

Your off-season running should include a weekly long run for aerobic conditioning, albeit don't forget occasional speedwork. All of these should fit the bill.

Inov8
Roadfly
★★★★½
£100 If you are after the same connection you feel on the trail on the road, this is for you.
Issue 435
inov8.com

Nike
Pegasus 41
★★★★½
£128.99 A reliable option for easy miles, as long as you don't mind the high heel-to-toe drop.
Issue 435
sportshoes.com

Brooks
Ghost 2 Max
★★★★★
£145 A reliable, super comfortable and robust shoe that will do wonders for your road running.
Issue 435
brooksrunning.com

New Balance
Fresh Foam 1080
★★★★★
£160 The Fresh Foam 1080 is an excellent shoe for racking up gentle miles in supreme comfort.
Issue 435
newbalance.co.uk

Saucony
Endorphin Speed 4
★★★★★
£180 A versatile, comfy and impressive shoe that's primed for pushing the pace and easy runs.
Issue 435
saucony.com

RUN JACKETS

A good run jacket will fend off the elements like wind and rain, but also deliver breathability so you don't boil in the bag. Reflectives, a hood and pockets add to its usefulness.

Keela
Saxon Jacket
★★★★☆
£109.95 Versatile and well-priced jacket, but not one for hotter or high-tempo runs.
Issue 436
keelaoutdoors.com

Montane
Cetus Lite
★★★★☆
£270 Great for deflecting winds and rain, but more for hiking than for running.
Issue 436
montane.com

Soar
All-weather jacket
★★★★½
£350 It's hard to ignore that price, but this is a formidable jacket for battling the weather.
Issue 436
salomon.com

Asics
Core jacket
★★★★½
£54 Lightweight, affordable and stylish, but not for running in really wet conditions.
Issue 436
asics.com

INOV-8
Performance Hybrid
★★★★½
£150 A well-crafted, durable and comfortable jacket. Huge versatility makes the price a bargain.
Issue 436
inov8.com

HEART RATE MONITORS

These chest or armband straps are more accurate than wrist-based optic sensors on watches. Many can be used independently or linked to a watch or smartphone.

Wahoo
Tickr
★★★★½
£39.99 Superb training tool with great connectivity and all for under £40.
Issue 435
uk.wahoofitness.com

Coros
Heart Rate Monitor
★★★½☆
£69 Straps to your arm for proven accuracy but arguably could offer more features.
Issue 435
uk.coros.com

Wahoo
Trackr
★★★★☆
£79.99 Accurate and comfy chest strap that can be recharged, but that does mean another cable.
Issue 435
uk.wahoofitness.com

Polar
H10
★★★★½
£86.50 Excellent accuracy and extremely quick to connect. Comfortable, too.
Issue 435
polar.com

Garmin
Pro Plus
★★★★☆
£119.99 Impressive chest strap that'll appeal to existing Garmin users for multisport action.
Issue 410
garmin.com

For tonnes more tri kit, head to 220tri.com

MULTISPORT WATCHES

Tech evolution's seen computers shrink to watch size. As such, you can expect GPS, heart rate, sleep measurements and a whole lot more, starting from about £200.

Coros
Pace 3
★★★★½
£219 Swift GPS, huge battery life and a wonderful price. A fine effort from Coros.
Issue 422
uk.coros.com

Garmin
Forerunner 265
★★★★½
£429.99 Great AMOLED screen displays a wealth of useful training and racing information.
Issue 422
garmin.com

Suunto
Race
★★★★½
£479 Fantastic multisport watch that comes in at a very good price point.
Issue 425
suunto.com

Apple
Watch Ultra 2
★★★★
£799 Apple's sport offerings continue to improve. But it'll strike your bank account.
Issue 424
apple.com

Garmin
Fenix 8
★★★★½
£949.99 Yes, that's a mortgage-threatening price but this watch packs everything and more.
Issue 435
garmin.com

TRI-SUITS

Tri-suits are vital as you can wear them from gun to finish. They should shed water nicely after exiting T1, contain a comfy chamois for the bike and be flexible come the run. Pockets are also useful.

Zone3
Activate+
★★★★½
£115 Great breathability, seam construction and internal lining cranks up this suit"s comfort.
Issue 430
zone3.com

Raceskin
Aero
★★★★½
£130 An impressive mix of tecnology and comfort at a very impressive price point.
Issue 430
raceskin.co.uk

NoPinz
Pro-1 Evo
★★★★½
£184.99 A well-priced, comfy and aero suit in multiple sizing options. A fine, fine suit.
Issue 431
nopinz.com

Zoot
Ultra Triathlon P1
★★★★½
£292 A superb suit that really excels in the heat and humidity. Might need bigger pad for Ironman.
Issue 431
zootsports.co.uk

Castelli
PR 2 Speedsuit
★★★★½
£360 A highly technical, speedy and supple suit... if you can afford the high price tag.
Issue 431
castelli-cycling.com

ENERGY GELS

These sachets of energy are useful for all disciplines, but especially the run as they're easily stowed. Many contain a mix of glucose and fructose to deliver more energy.

High5
Electrolyte Energy Gel
★★★★
£1.45 A great-value energy gel that delivers with no airs or graces.
Issue 422
high5.co.uk

SiS
Go Isotonic Gel
★★★★
£1.67 The original isotonic gel and one that stands the test of time. Berry flavour is our pick.
Issue 422
scienceinsport.com

Torq
Cola Caffeine Gel
★★★★
£2.15 The caffeine version delivers a performance boost without sacrificing taste.
Issue 422
torqfitness.com

Precision
Fuel Original Gel
★★★★½
£2.25 Great consistency, appreciated neutral taste and packs away neatly.
Issue 422
precisionhydration.com

Maurten
Gel 100 Caf 100
★★★★
£3.21 Hydrogel formulation settles smoothly, albeit this is one costly energy hit.
Issue 422
maurten.com

SUNGLASSES

Arguably, these should be termed 'performance eyewear' as they should be worn year-round to protect from dirt flicking up from your mate's rear wheel. Wraparound models are common for great and clear peripheral vision.

Tifosi
Vogel SL
★★★★
£54.99 Great price for comfortable sunglasses that boost contrasts well and stay in place.
Issue 432
tifosi-optics.co.uk

Sungod
Airas
★★★★½
£140 Impressive sunglasses with class-leading field of view, but not infallible in direct light.
Issue 432
sungod.co

Smith
Motive
★★★★½
£160 If they fit you well, these are exceptional sunglasses that excel on the bike and run.
Issue 432
smithoptics.com

Koo
Alibi
★★★★
£169.99 Stylish, secure and great field of vision, but no case and others better in super bright light.
Issue 432
kooworld.cc

Roka
GP-1X
★★★★
£230 Add an extra lens for low light and these would be best on test, but they don't come cheap.
Issue 432
uk.roka.com

ELECTROLYTE TABS/ POWDERS

You lose magnesium and potassium when you sweat, plus sodium, which channels water into muscles. This lot replaces them.

Phizz
3-in-1 Formula
★★★★
£7.99 for 20 Not sport-specific but still 317mg sodium, plus other vitamins and minerals.
Issue 421
phizz.co

SiS
Hydro
★★★★
£8 for 20 Palatable offering that delivers a range of electrolytes including 345mg sodium.
Issue 421
scienceinsport.com

Precision
Hydration 1000
★★★★½
£8.99 for 10 1,000mg sodium will suit many, but 500mg and 1,500mg options available.
Issue 421
precisionhydration.com

Skratch
Labs Hydration
★★★★
£27.95 for 20 Sodium content comes in at 380mg. Tastes good, but not cheap.
Issue 421
silverfish-uk.com

Styrkr
SLT05 Caffeine+
★★★½
£9.99 for six Solid product with 360mg sodium, but minimal caffeine content.
Issue 421
styrkr.com

SUBSCRIBE AND SAVE UP TO £44*!

GET FIT FOR LIFE

GET FITTER, HEALTHIER, HAPPIER – START TODAY!
Women's Fitness
UK EDITION
GET FIT FOR LIFE
FITTER IN 10 MINS!
Your quick daily workout to get into great shape
MEL B
'I've totally regained my confidence'
The Spice Girl on her mind-body transformation
6 SIMPLE YOGA MOVES FOR STRONGER ARMS
KIT REVIEWS
Long-sleeve tops
Baby carriers
Beauty kit
Earbuds
DISCOVER THE BENEFITS OF BAREFOOT RUNNING
Why minimal running shoes could be better for your body
MENTAL STRENGTH
Try the Pilates routine for a fitter body & mind!

SUBSCRIBE TODAY

Get expert advice on toning up with workouts to suit your lifestyle and tips on nutrition and beauty to help you look and feel amazing. Every month you will get a workout handbook, a review of the hottest looks every month in our Gym Style section, and several articles on how to eat smart with great recipe ideas. Women's Fitness is packed with features that will provide inspiration and motivation to get you moving! Enjoy features such as Fit Mind, Fit Mama and Fit Fuel every month focusing on mental well-being, how to stay fit before, during and after pregnancy and nutrition advice.

GREAT REASONS TO SUBSCRIBE

- Save up to £44*
- Delivery directly to your door before they hit the shelves
- Never miss an issue
- Complete control – manage your account online
- Free weekly e-newsletters

VISIT SHOP.KELSEY.CO.UK/WFHA

OR CALL 01959 543747 and quote code WFHA

Scan our QR code – the easiest & quickest way!

SCAN HERE

HOTLINE OPEN: MONDAY-FRIDAY, 8.30AM-5.30PM. CALLS ARE CHARGED AT YOUR STANDARD NETWORK RATE

Terms & Conditions: UK Direct Debit offer only. You will pay £47.90 every 12 months. *Savings based on the standard basic annual rate of £92.88 which includes the cover price of £4.99 plus Kelsey Media's standard postage and packing price per single issue for one full year (12 issues). Offer ends 31st December 2024. Your subscription will start with the next available issue, and you will receive 12 issues in a year. Prices correct at time of print and subject to change. For full terms and conditions visit shop.kelsey.co.uk/terms. Data protection: We take great care in handling your personal details and these will only ever be used as set out in our privacy policy which can be viewed at shop.kelsey.co.uk/privacy-policy. You may unsubscribe at any time. If you decide to cancel your subscription we will put a stop to any further payments being taken and will send the remaining issues that you have already paid for.

TRAINING

BOOST YOUR PERFORMANCE - TODAY!

P66

HOW TO GO FROM RUNNING ZERO TO HERO

HELEN WEBSTER

As well as being 220's Editor, Helen is also a qualified Level 2 Open-Water Swim Coach and RLSS Lifeguard trainer.

P70

TRAIN FOR IRONMAN IN SIX MONTHS

SAM LONG

Ironman pro Sam Long counts many Iron and 70.3 wins amongst his successes as well as several course records.

P77

20-MINUTE PROTEIN-RICH RECIPES

KATE PERCY

is a food for fitness expert and amateur athlete She's written three books on sports nutrition and founded Go Bites

P80

YOUR TRAINING QUESTIONS

ANDREW SHEAFF, JAMES WITTS & HELEN WEBSTER

Our experts answer Qs on evening your swim stroke, repairing wetsuits and fuelling a half-Ironman race.

CULLING
new balance
TAG HEUER

SHUTTERSTOCK

HOW TO GO FROM BEGINNER TO ELITE

FROM RUNNING A MARATHON IN 04:34 TO COMPETING AS AN ELITE, ANYA CULLING HAS PLENTY OF TIPS TO SHARE AS SHE TARGET S A MOVE INTO TRIATHLON...

WORDS HELEN WEBSTER **IMAGES** GETTY IMAGES/SHUTTERSTOCK AND SUNGOD/TOMMY LEEMING

Many of us who take up sport later in life might wonder what could have been. What does it take to improve later in life if you're not on the youth fasttrack? Well, one athlete proving that the journey from complete novice to elite is possible is Anya Culling.

I met the 25-year-old at the launch of Sungod's new flagship store in London. Culling is an ambassador for the brand and radiates enthusiasm for running and the new life she's found, in a way that shows she still can't quite believe the journey she's been on.

"I started out running like so many people in the Covid lockdown," she tells me. "I ran my first marathon in 2019 in 4 hours and 34 minutes and I just completely fell in love with the sport. I kept it up and my PB is now 2 hours and 34 minutes, so I knocked off two hours in about three years which was pretty cool".

Pretty cool?! It's near impossible for most of us. "London Marathon's coming up and it sounds kind of ridiculous and a bit lame but I genuinely feel like London Marathon and running has made me who I am today," she continues.

"I looked back at the photos from me doing that first marathon in 2019 and I'm so proud of that Anya, but yeah I was wearing wired headphones and I had no idea what I was doing. It was one of the most painful marathons I've ever done in my life!"

That Anya may be fresh in her mind, but the performance and lifestyle she now enjoys is a world away. So from a spark of an idea to competing for Great Britain, what can Culling share to help triathletes looking to go from amateur to representing their country? Plus, why is triathlon now calling her name? ▸

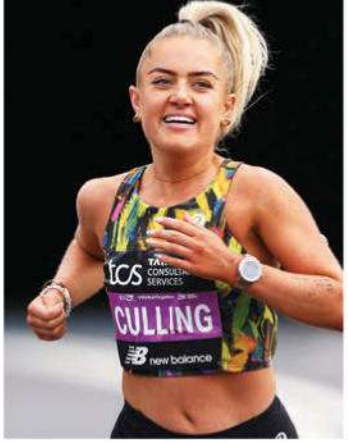
MEET THE WRITER
HELEN WEBSTER
As well as being *220*'s Editor, Helen is also a qualified Level 2 Open-Water Swim Coach focusing on confidence and runs regular workshops at the South West Maritime Academy near Bristol. She is also an RLSS UK Open Water Lifeguard trainer/assessor.

10 WAYS TO FALL IN LOVE WITH TRAINING HARD

Here are Anya Culling's top 10 tips on how to go from zero to hero in your choice of sport...

01 Embrace the lifestyle
I think the crazy thing might be it turns out I don't love marathons but I love everything that comes along with it! I love being a bit healthier. I love meeting my friends for coffee or jogging before breakfast in the morning or just moving my body. You don't have to do these crazy hard challenges to enjoy it.

02 Make lifestyle changes
I definitely partied far too hard before I started marathon running. I was quite unhealthy, working a corporate job and on unsocial hours. And now I am a bit of a hermit and I sleep a lot and I eat a lot and I love it... I wouldn't change it for the whole world. I didn't know you could really do



▶ Culling at the 2024 TCS London Marathon, racing as an elite athlete.

▼ Thousands of runners take to the road for one of the world's biggest.

GETTY IMAGES

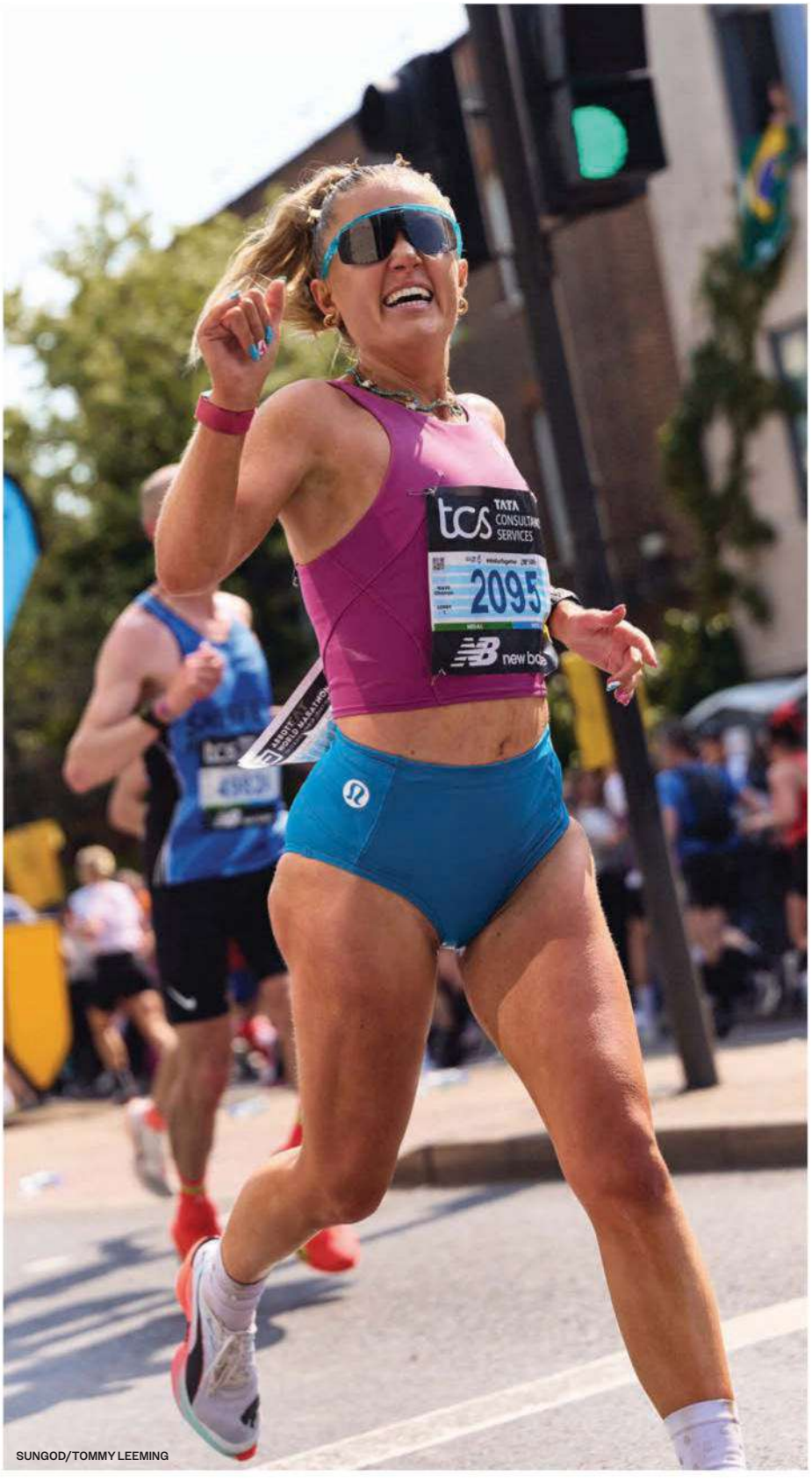
marathon running as a career, so I genuinely was just running for all the things it brought my life. The times came secondary.

03 Be competitive
I've grown up in a very male-dominant life, so I've always compared myself against men. It wasn't until I put myself against the females that I was like like 'oh I could be really competitive here!'. Then I think when I started beating men, that was when it all shifted.

04 Choose your races carefully
I ran the Rome marathon and I purely chose that marathon because it was like a nice place to have pizza and Aparols after! I came top European female though and now I choose marathons based on how flat they are, like Manchester. My mum's not happy! It's not quite as glamorous as say Venice, but that's what I've got to do now.

05 Enjoy your success
It's easy to put a lot of pressure on yourself for something like that whereas I kind of made sure I remembered 'you've done all the hard work and like you really earned yourself this spot, so you've just got to enjoy it now. This race is just the icing on the top of the cake'. I tried to not put too much pressure on it and soak up every single moment.

06 Get the right kit
Getting a sports watch was really helpful. I have a Coros at the moment, just so that I can monitor my pace. I think the best way to monitor your fitness really is through



SUNGOD/TOMMY LEEMING

monitoring your heart rate. Also important to me are sunglasses [we met Anya at the launch of the new London SunGod store] and the best running shoes I can have, that I feel most comfortable in. Ultimately, if you look good, you feel good and you race good. All of those things that improve you by 1% slowly add up.

07 Try something new

My partner is a triathlete so naturally I'm gonna dip my foot in that too [Anya has done several races so far]! I found it so nice not being that great at it and I became obsessed with that progress. I could hardly swim at the start and could just about ride a bike not to fall off… obviously I could do the running but seeing that sharp progression in the other two disciplines becomes so addictive. I loved that you could be bad at one of the legs and then you can pull it back, whereas in a marathon if you get yourself in a hole it's really hard to come back from that.

08 Ask for help

One year I'll go all into the triathlon and see what I can really do if I give it my all! I actually have already signed up for swimming lessons straight after London marathon, just improve my technique.

09 Do what's sustainable

I am so dedicated and passionate about sport in general. But sometimes your pace targets or just the amount of hours that you're training just isn't sustainable. So then I take a step back and just do what is sustainable for right now and then slowly build that up. Before you know it you'll be hitting dream paces and dream volume that you couldn't do before.

10 Be consistent

Consistency is the only way you'll really like improve so that's what I'm going to say is my top tip. Be consistent! 220

GET READY FOR IRONMAN

PART 1: PLAN YOUR TRAINING

READY TO FACE AN IRONMAN LATER IN 2025 OR NEXT SEASON? THEN YOU'LL NEED A PLAN TO CROSS THAT FINISH LINE IN STYLE. IN THIS NEW SIX-PART SERIES WE FOLLOW 220'S MATT BAIRD AS HE GETS READY FOR IRONMAN WALES. **THIS MONTH:** EXPERTS INCLUDING IRONMAN CHAMP SAM LONG TRY TO GET OUR TRAINING-ADVERSE AGE-GROUPER PREPPED TO START TRAINING IN EARNEST.

WORDS MATT BAIRD **IMAGES** KENNY WITHROW / GETTY / NEW PIXELS

Triathlon is the greatest and toughest endurance sport in the world. After 17 years, however, I'm going through the motions. I'm 44 with dodgy knees and a plummeting VO2 max. PB-hunting is out the window and I've even started doing triathlons on my folding Brompton bike to freshen things up. Quite simply, I need to rekindle my love of multisport and find a season with a clear and focussed goal.

My inspiration for that goal arrived when I was in my happy place on the sofa, in pyjamas, with a plate of custard creams on my lap. My kids were giving me gentle stick about the size of my gut, but they'd quieten as the narrative of Billy Monger's Comic Relief Ironman World Championship challenge unfolded in the BBC1 documentary.

We see the double-amputee former motorsport driver struggling to clip his prosthetic limbs into his bike shoes, the bleak training rides in the rain and Billy experience the mother of all chafing on his stumps on the run. We see the doubts, the pain, the pressure. And yet Billy triumphs in Kona, Hawaii, breaking the course record for a double leg amputee and raising a seven-figure sum for Comic Relief.

My own ailments are put into perspective and a competitive spark is lit. I want to do an official Ironman, to experience 226km racing with thousands of other athletes and tens of thousands of spectators. I want to hear 'You are an Ironman' at the finale of triathlon's most iconic challenge. And for that it has to be Tenby, arguably the loudest and best supported M-Dot on the planet, which also happens to be the closest one to my house. Now, I just need a plan, some structure and a little (or a great dollop of) help from my tri friends to make it to that September start line having given myself the best possible chance ▸

GETTY IMAGES

"My ailments are put into perspective and a competetive spark is lit"

KENNY WITHROW

of crossing that line before the 17-hour cut-off.

In the first part of our 'Plan for Ironman' series, the focus is on laying the groundwork for long-distance triathlon success, of leaving no-stone-unturned in the quest for Iron success. And for that I'm calling on multiple Ironman champion Sam Long and top age-grouper, coach and Tenby finisher Graham Wadsworth (mylifept.co.uk) to guide me to glory, with plenty you can also learn on fulfilling your own M-Dot dreams...

BUILD THAT BIG UNIT

My one and only Iron-distance (3.8km swim/180km bike/42.2km run) finish came in 2018 alongside 40 other racers at the UK Ultimate Triathlon in Shropshire (pic right in stats box). My training was a mess, I finished with sick on my shoes after over 15 hours of toil, but it was the greatest sporting day of my life. I could've made it much easier on myself, however, by having a vague semblance of a plan and not a scattershot approach to training before the big day.

"Following a training plan is super important," says US Ironman star Sam Long. "If you're winging it... good luck, buddy! But seriously, a structured training plan is your roadmap. It's what keeps you consistent, keeps the load progressive and lets you peak at the right time. I'm also a big believer in listening to your body. If you're cooked, adjust. If you're feeling spicy, maybe you throw a little extra sauce in. But consistency is king. Stack those days, stack those miles. That's how you build that Big Unit engine. The key is also to rest, though. Training + rest = getting faster."

HAVE THE COURAGE TO REST

The multiple spanners in the works of my 2025 Ironman attempt include a torn knee ligament from early 2024. I can only run twice a week currently and I've yet to run further than 14km since the injury, just a third of that Ironman race-day marathon. I also – form an orderly queue, ladies and gentlemen – suffer from gout, which can leave me a crumpled heap who can only crawl backwards down the stairs. Not ideal for training for the world's toughest one-day endurance event.

▲ Multiple Ironman champ Sam Long is on hand this month to help our man Matt get started in his training.

"Running has the best chance of getting injured, so you've gotta respect recovery as much as you respect the grind," adds Long, who, at the age of 18, tore his MCL in a skiing accident yet still topped his age-group at Ironman Boulder that year. "Sleep, nutrition, mobility, and knowing when to back off – that's where the real gains come from. The biggest

MATT'S STATS

HOW OUR WRITER HAS FARED – OR NOT! – IN APRIL

Swim: 1km
Outdoor bike: 68km
Indoor bike: 2hrs
Run: 49km
Vo2 Max: 50
BMI: 24

NEW PIXELS

thing is listening to your body and knowing when you are on the limit and then having the courage to rest. I also like to follow the 10% rule in running, where you only build your distance, your volume or your time by 10% maximum per week. You can watch my Youtube about this (youtube.com/@SamYoYoYoLong)."

LOVE THE GRIND

My sheer stubbornness and refusal to accept defeat is my ultimate race-day triathlon weapon. It has rescued me from trouble in countless events, including in that previous Iron-distance race, but that determination often goes absent when I'm in training mode. The offer of a lunchtime curry, a post-work pint or a bakery on a training ride is enough to derail my exercise plans.

"Mindset is everything," offers Long, who has Ironman wins at Chattanooga and Coeur d'Alene on his impressive racing palmarès.

▼ Targeted training using Rouvy is key for Ironman Sam Long, as you can practise on the 'real' race course.

"For me, it's about believing in the process and loving the grind. I remind myself every day that I get to do this. That's powerful. When it gets tough, I lean in. I say "Let's goooo" and embrace the hurt. You gotta have fun with it, even when it sucks. I'm out here to compete, to improve, and to push the limits of what I can do. Every session is a step closer. Just keep showing up."

THE ART OF THE RECCE

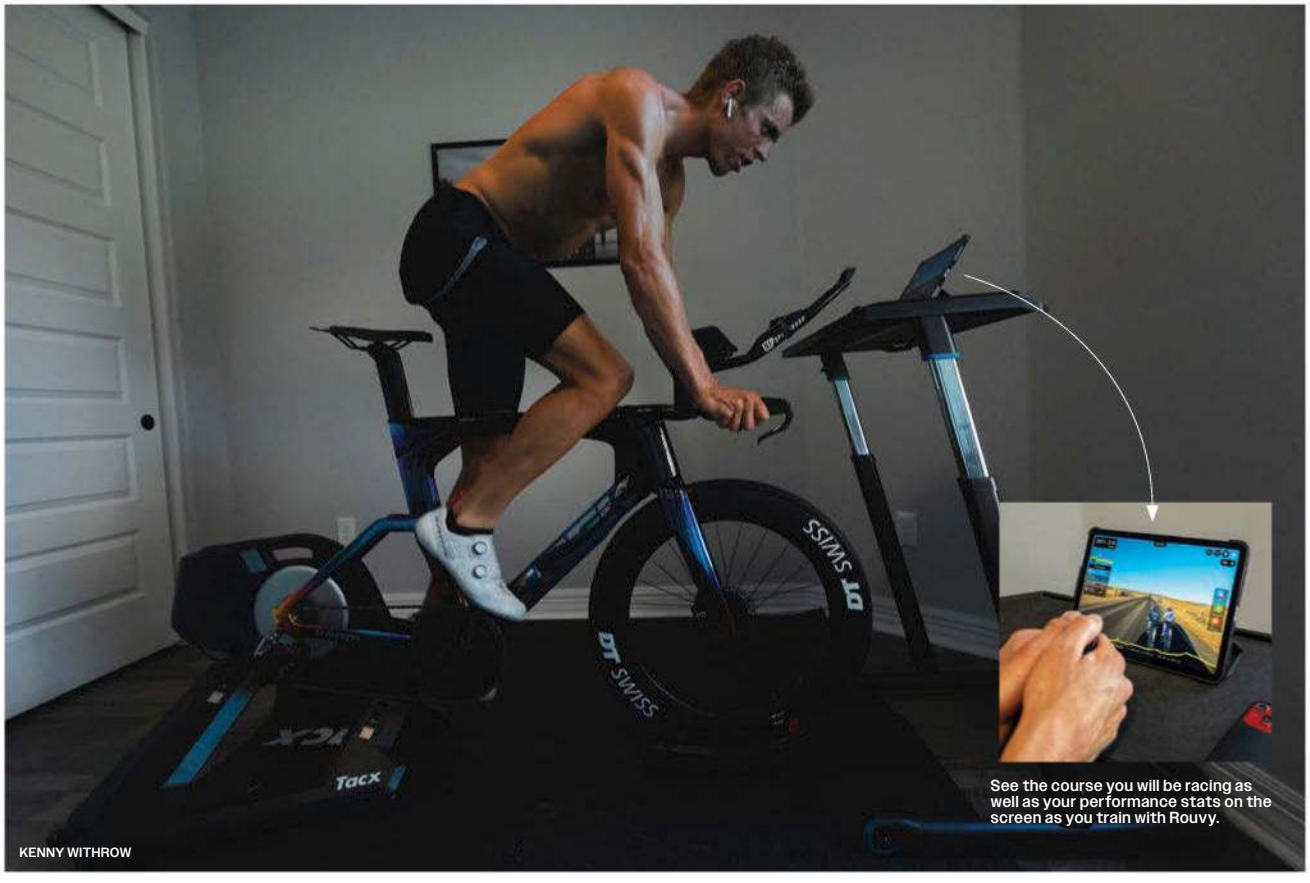
I love the outdoors, the feeling of being in the open air and the stimulation that different surfaces and backdrops brings to training. What I struggle with is the monotony of pool swimming and indoor bike training, even in the depths of winter and on rainy spring days. My turbo trainer has joined the bread maker and paddleboard in my attic of Covid-era treasures.

"If you are training inside, I can't go without ROUVY," suggest Long on the indoor cycling app that's known for its Ironman-specific training plans and the access it gives to Ironman bike leg routes, including Tenby's 180km route in Pembrokeshire. "It helps make the indoor training go by that much faster, boosts your workout, and allows you to preview most of the Ironman courses meaning you already know the course."

There's plenty of scientific evidence to support Long's case for the benefits of the pre-race recce, as well as visualisation exercises, and with few chances to experience riding the actual Ironman Wales course before September, I know that consistently riding ROUVY's Tenby course from my dining room will eliminate the chances of unwelcome surprises come race day.

LOOK GOOD, FEEL GOOD

My one and only Iron-distance race at the UK Ultimate was done on a £1,000 budget (including race ▸



See the course you will be racing as well as your performance stats on the screen as you train with Rouvy.

KENNY WITHROW

KENNY WITHROW

▲ "Look good, you feel good," Sam Long doesn't underestimate the power of kit.

entry) for a feature in this very magazine, meaning I did the race on an unfamiliar bike and other kit that was far from being by first choice. This time around, although I'll still be fiscally sensible (I'm from Somerset, after all), I'll be wearing exactly what I want for both training and racing.

"Having that one outfit that makes you feel great is super important," adds Long. "Look good, feel good, right?!" First-up is a new tri-suit from Tri-Fit, which I'll wear for both Tenby and training, the latter I've regularly done in previous seasons to make every training session count. Complete with tri laces in my shoes and my regular race-day cap from Compressport.

BUILD CONSISTENCY

My boys were three and six when I did the UK Ultimate in 2018, so I kept training to a minimum, roughly around five hours per week. Both the years and the mileage have caught up with me since then, and Tenby is a much tougher course, so from May I'll up that to 10 hours. I'm still concerned about balancing that with my family life, however.

"Let's be honest, triathlon's three-discipline nature isn't always a great sport to fit with your family!" says Graham Wadsworth of the Bristol-based personal trainers, My Life PT (mylifept.co.uk), a vastly experienced age-grouper who ranks Tenby up there with Challenge Roth in terms of Iron-distance atmosphere. "It's very hard to keep a balance all the time, so pick your times when you need to prioritise training. When it comes to the big rides, Tenby's September date means you can do very early mornings in mid-summer for big rides. Waking at 5am, riding for five hours and getting home at 10am isn't impossible if you really want it.

"Families tend to work on routines so build things into those routine – like going for a run when they're at football practice – so everyone ends up happy. It might not be the most structured session but it's all good miles in the tank and it builds consistency."

RACE-DAY FITNESS MARKERS

With Long and Wadsworth's proven advice ringing in my ears, a new tri-suit to model and my turbo dusted off, I'm feeling less daunted about what awaits come September in Wales. Yet, having completed just one sprint-distance triathlon since my torn knee ligament, I know I'll need fitness tests along the way.

I decide to enter my two favourite races ahead of Ironman Wales. The first is the middle-distance Slateman Legend event in June to reacquaint me with the Welsh hills, before July's Croyde Ocean Triathlon will test my open-water swim powers in the swell of the Atlantic. And just across the Bristol Channel from Tenby. Neatly meaning that triathlon number 40 for me will be Tenby. That's the easy bit done. Now I need to knuckle down and, in the words of Long, start loving the grind. 220

Next month we'll be focussing on the Ironman swim, including sighting, sea swimming and how to build core strength ahead of Ironman race day.

KEY KIT BUYS

Our major kit buys to start the Ironman journey

COROS PACE PRO

£349

Coros' top-end training watch offers a huge 38hrs of battery life in GPS mode, a bright AMOLED screen, training plans and a wealth of in-watch and app-based data.

ROUVY

£10.75 per month

ROUVY'S Ironman partnership ensures that you can ride to numerous 90 and 180km bike courses, including Ironman Wales, on the platform, and plenty of triathlon training plans to partake in.

GYM PRO LUXE BAR AND BAND SET 2.0

£115

Can't face the thought of a gym? Then the Gym Pro Luxe Bar and Band Set 2.0 offers 100+ workout options for at home or the park. gymproluxestore.com

"Build training into your family routine"

KENNY WITHROW

220 TRIATHLON

Kelsey Media
The Granary, Downs Court, Yalding Hill,
Yalding, Kent ME18 6EL
Tel 01959 543747
Email 220triathlon.ed@kelsey.co.uk
Web www.220triathlon.com
twitter.com/220Triathlon
facebook.com/220Triathlon

EDITORIAL
Editor Helen Webster
Art Editor Xavier Robleda

ADVERTISING
Investment Manager Jack Greenwell
jack@talk-media.uk

MANAGEMENT
Chief Executive Steve Wright
Publishing Director Mark Winterton
Direct to Consumer Director Kevin McCormick
Print Production Controller Hayley Brown
Retail Director Steve Brown
Subscription Manager Nick McIntosh
Operations Director Gill Lambert

BECOME PART OF THE GROWING *220* COMMUNITY BY SUBSCRIBING TODAY! *p20*

GETTY IMAGES

BASIC ANNUAL SUBSCRIPTION RATES
UK= £104.88 EU = £128.88 North America = £128.88 ROW = £140.88

For our latest subscription offers, visit **shop.kelsey.co.uk**
or **call 01959 543 747**

If you need the customer services details, please see below,
Email **cs@kelsey.co.uk**
Call **01959 543 747**
Lines open Mon-Fri 8.30am - 5.30pm
Visit **help.kelsey.co.uk**

ISSUE 442 CONTRIBUTORS
Elliott Baird, Matthew Baird, Liz Barrett, Ed Broadley, Sarah Broadley, Martyn Brunt, Tim Heming, Getty Images, Ironman Media, Kate Milsom, Kate Percy, Professional Triathletes Organisation, Andrew Sheaff, Rob Slade, Supertri, World Triathlon, James Witts

KELSEYmedia

Issue 443 July 2025
On sale 28 May 2025

© Kelsey Media

ISSN: 14791500

220 Triathlon is published by Kelsey Media

Cover image: Getty Images

Every care is taken when compiling this magazine, but we accept no liability for mistakes and no responsibility can be taken for the contents of these pages.

Printed in the UK by William Gibbons
Distributed by Frontline

To give feedback about our magazines, please visit kelsey.co.uk.

NEXT MONTH

On sale – 25 June

THE SCIENCE OF SUFFERING

What is it that enable athletes to push beyond the point where racing is comfortable – and what can you learn from them?

WOMEN IN TRIATHLON

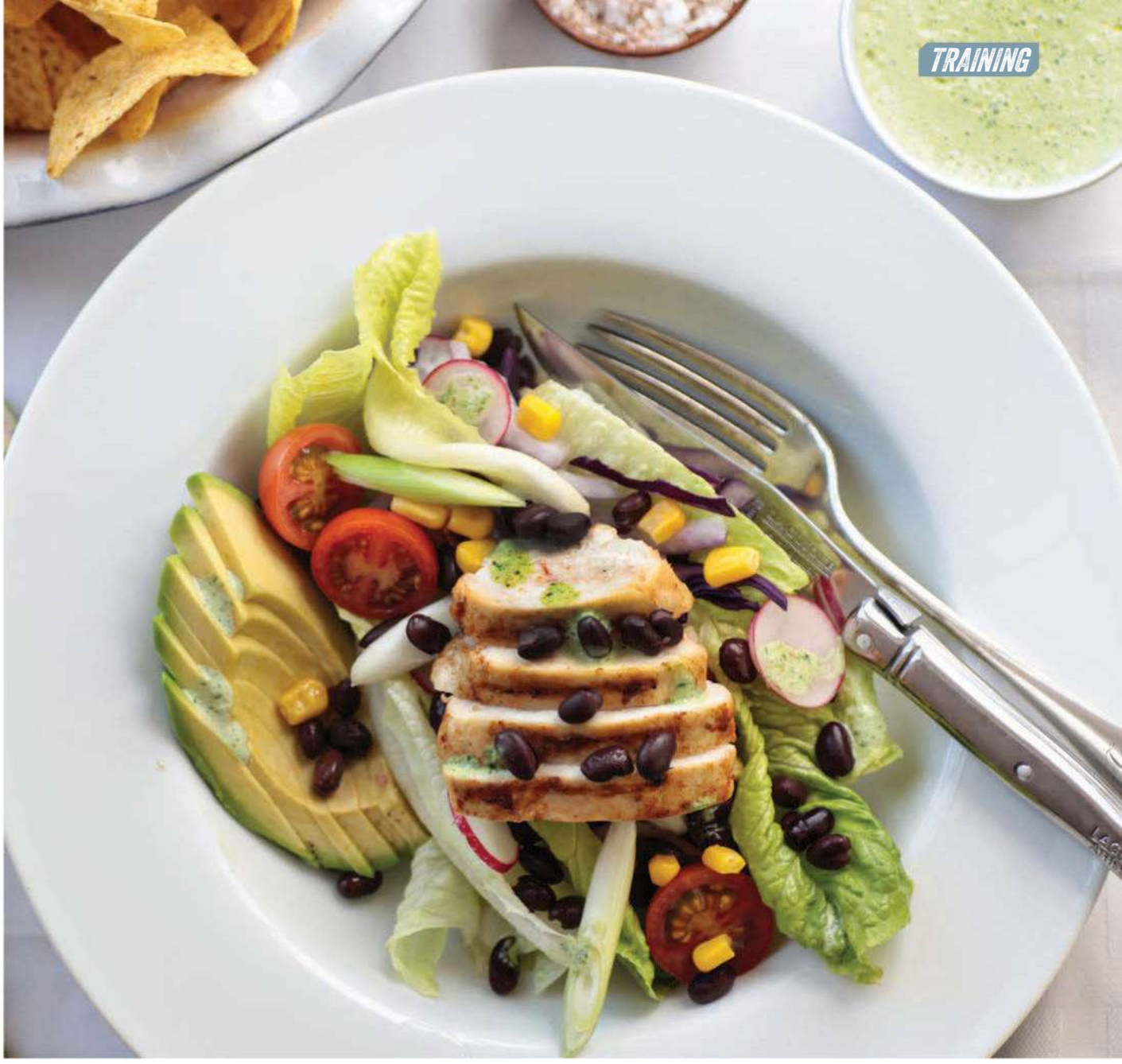
As a major new survey explores the experiences of women in tri, we ask what needs to change

ON TEST

Entry-level wetsuits reviewed ready for the start of race season. Plus, Canyon's new road bike

SWIM MORE EFFICIENTLY

In the first part of a new series, we break down the freestyle stroke to make you faster



NUTRITION

PROTEIN-RICH MEALS IN JUST 20 MINUTES

Too tight for time to focus on post-training nutrition? With a little planning, you can pack in a recovery punch in under 20mins. Kate Percy shows you how…s

IMAGES THE SECRET STUDIO

Can it be possible to rustle up a delicious post-training meal in under half an hour? Hell yeah! And I challenge anyone who thinks otherwise. This month's four protein-rich suppers have been specifically created to pack the right nutrients into your body for recovery… and quickly. I'd say my one caveat is that you need a little prior planning to ensure you have the wherewithal to get started.

Firstly, a couple of dishes you can prepare in advance. Thai salmon parcels – make your parcel, store in the fridge, pop in the oven for 10mins on your return from training. Unwrap, take a moment to savour the delicious aroma, and dig in! Packed with protein, healthy fats and an excellent source ▸

of vitamins and minerals, these little parcels will set your tired muscles on the right road to recovery.

After a chilly ride in the saddle, warm yourself up with this Chicken tagine with chickpeas, apricots and almonds. Again, this can be prepped in advance. Loaded with goodness, the aromatic spices in this dish have anti-inflammatory properties to help muscle recovery.

For an evening/lunchtime protein boost, try this amazing Tex Mex chicken salad. A Mexican combo of crisp salad vegetables, chicken, black beans, corn and cheese, it's loaded with great quality protein, vitamins and minerals, and rounded off with a refreshing, zingy dressing.

Finally a South Indian coconut and prawn curry – one of the quickest curries ever (and one of the 220 team's go-to post-session meals) and a great store cupboard supper using prawns from the freezer, a few spices and a can of coconut milk. Simple, warming and a great way to help promote muscle regeneration. Plus, even better as a leftover work lunch!

Sports nutrition cook and keen amateur athlete Kate Percy set up the #GoFaster campaign in 2009 and, following the publication of several sports nutrition books, now produces a range of all-natural energy balls, Go Bites (katepercys.com).

TEX MEX CHICKEN SALAD

PREP 10mins COOK 8mins SERVES 2

INGREDIENTS • 2 baby gem lettuces • 10 cherry tomatoes, halved • 2 spring onions, sliced • 1 red onion, sliced • ¼ red cabbage, grated • 5 radishes, sliced • Small can sweet corn, drained • 400g can black beans, drained and rinsed • 50g Cheddar cheese, grated • 2 x chicken breast, cut into chunks • ½ tsp each hot smoked paprika and ground cumin • 1 tbsp olive oil • 1 small avocado, sliced • 2 lime wedges • Tortilla chips • Dressing: 25g coriander leaves • 150ml pot sour cream • 1 tbsp olive oil • 1 tbsp lime juice • ½ tsp each hot smoked paprika and ground cumin • 1 clove garlic, crushed

METHOD

1. Arrange salad ingredients, sweetcorn and black beans on two serving plates.
2. Coat chicken with the olive oil, smoked paprika and cumin. Heat the pan and fry chicken for 3-4mins on each side until cooked.
3. Arrange chicken on the salad, along with the avocado, cheese and the lime wedges.
4. Blend dressing ingredients until smooth and drizzle over the salad. Serve with tortilla chips.

SOUTH INDIAN COCONUT & PRAWN CURRY

PREP 5mins COOK 15mins SERVES 2

INGREDIENTS • 200g raw prawns • 1 tsp turmeric • ½ tsp salt • Juice of 1 lemon • 1 tbsp coconut oil • 1 onion, sliced • 2 tomatoes, chopped • 3 cloves garlic • 3cm fresh ginger, grated • 1 tsp mustard seeds • 1 tsp each ground black pepper, coriander and cumin • 2 red chillis, finely chopped • 200ml coconut milk • 25g coriander leaves • ½ tsp sugar

METHOD

1. Combine prawns with turmeric, salt and juice of half a lemon in a bowl.
2. Heat oil in a pan, sauté onions for 5mins. Stir in tomatoes, garlic, ginger, mustard seeds, coriander, cumin, pepper, chillis and cook for 3-4mins.
3. Add prawns, marinade and cook for 1min, add coconut milk. Bring to boil, reduce heat and simmer for 3-4mins to cook prawns. Add sugar, a squeeze of lemon, coriander and serve.

CHICKEN TAGINE WITH CHICKPEAS, APRICOTS AND ALMONDS

PREP 2mins COOK 18-20mins SERVES 2

INGREDIENTS • ½ tsp cinnamon • 1 tsp each turmeric, ground ginger, black pepper, ground cumin • ½ tsp salt • Juice of 1 lemon • 2 tbsps olive oil • 6 chicken thighs, cut into chunks • 1 tbsp flour • 1 onion, sliced • 4 cloves garlic, crushed • 1 cinnamon stick • Handful dried apricots • 100g whole blanched almonds • 400g tin chickpeas, drained • 200ml stock • 2 tbsps each coriander, mint and parsley • 1 tsp smoked paprika

METHOD

1 Mix cinnamon, ginger, turmeric, pepper, cumin, salt, lemon juice and 1tbsp oil. Add chicken and turn to coat.

2 Heat 1tbsp oil in pan and sauté onion for 5mins. Add chicken, marinade and sauté for 5mins. Stir flour in for 30secs.

3 Add garlic, cinnamon stick, apricots, 50g almonds, chickpeas, stock. Boil then simmer until chicken is cooked and sauce thickened. Add herbs and paprika.

4 Toast 50g almonds in a dry pan for 5mins. Remove, chop and sprinkle over the tangine before serving.

THAI SALMON PARCELS

PREP 5mins COOK 10-12mins SERVES 2

INGREDIENTS • 2 salmon fillets • 1 red chilli • 1 spring onion • 1 green pepper • 8 baby corns • 8 sugar-snap peas • 2 kafir lime leaves • 1 tsp fresh ginger, grated • 1 tbsp coriander
For the sauce: 1 tsp fish sauce • 1 tsp lime juice • ½ tsp brown sugar • 1 tbsp green curry paste • 4 tbsps coconut milk

METHOD

1 With the oven at 200°C, divide the vegetables between some foil or parchment and lay the salmon on top.

2 Mix the sauce ingredients, add to fish and veg. Top with ginger, coriander and lime leaves. Form an envelope around the salmon and bake for 10–12mins. 220

Q: ONE ARM FEELS STRONGER WHEN I SWIM... CAN THIS BE FIXED AND WILL IT BE AFFECTING MY STROKE?

Marie Cashell

ANDREW SHEAFF

US swim coach Andrew Sheaff has been helping people of all ages improve their swimming for over 20 years. He specialises in coaching triathletes to help improve their swimming skills through online coaching.

A You've probably noticed, and you may have been told, that one of your arms is more effective than the other at creating propulsion. You may even have tried to do something about it and struggled to make it happen.

While you'll never be able to achieve perfect symmetry, evening out major differences between your arms can significantly improve your performance for two reasons. The most obvious reason is that if one pull isn't as effective as the other, that means you're not creating as much propulsion as you otherwise could. Improving the pull will allow you to create more propulsion and more speed. Just as importantly, if one pull is a lot more effective than the other, it's going to be a lot more difficult to swim straight. You'll either be constantly course correcting, or you'll be swimming a whole lot more than you need to!

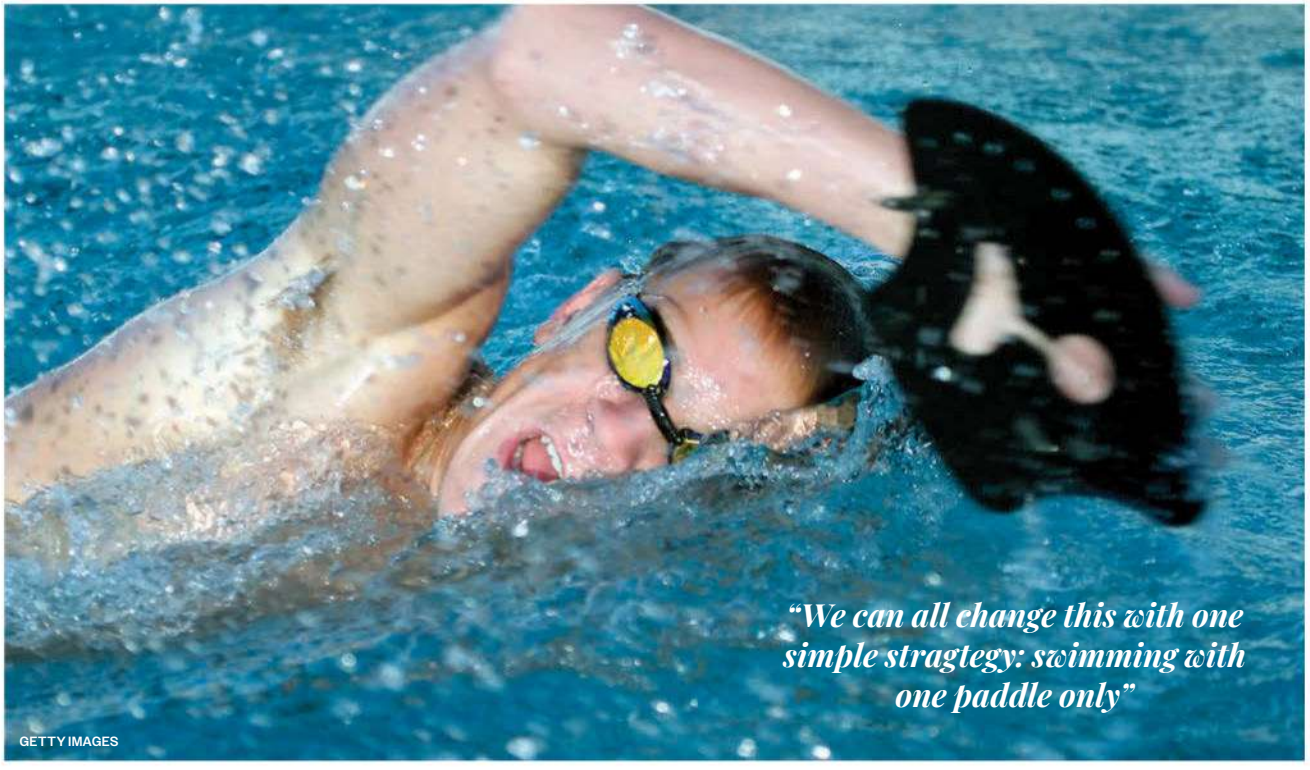
The most obvious solution for improving a weaker arm pull is to just think about what you're doing with greater intention. While that's not a bad strategy, it also demands a lot of your attention. And as soon as you start increasing the pace or the effort, it's going to be a lot more difficult to keep your attention where it needs to be. Furthermore, it's not always clearly exactly how well you're doing because you won't be getting a whole lot of feedback from your arms.

We can change all that with one simple strategy: swimming with one paddle only. The goal here is to try to make your arm pulls as symmetrical as possible, and the rhythm of your stroke as symmetrical as possible, even though one 'hand' is going to be a lot bigger than the other. This is going to hold your attention much more effectively than 'thinking' about it. And because there is a big difference in the surface of the hand and the paddles, you're going to get much clearer feedback about how symmetrical your pull is. With better and clearer feedback comes faster and more effective learning.

While your initial thought might be that the paddle arm is getting worked, it's actually the pulling arm with the free hand that's going to be challenged. You are going to have to work really hard to make the free hand pulling arm as effective as the paddle pulling arm. The closer you can keep the two arms in terms of effectiveness, the better.

While you may not get there, any progress is going to contribute to a better pull. I strongly suggest that you use this strategy for both sides of your body. Doing so will improve both arm pulls as well as helping to building symmetry between the arms.

Always take it steady with paddles though and remember the huge ones aren't necessarily better. You don't want to overdo it and strain your shoulders.



"We can all change this with one simple stragtegy: swimming with one paddle only"

GETTY IMAGES

Q: CAN A RIP IN MY WETSUIT BE MENDED?

Andrew Gattor

HELEN WEBSTER

220's Editor is also a qualified Level 2 Open-Water Swim Coach focusing on open-water confidence and cold water safety. She is also an RLSS UK Open Water Lifeguard trainer assessor.

A I feel your pain. Nothing quite compares to the sick feeling you get after putting a hole in your wetsuit – especially with race season coming up!

Wetsuits aren't cheap though and we definitely want to try and repair before buying again, to save money and also help reduce the environmental impact.

First up, it depends on the type of rip. If it's a small nick like the type you get from snagging with a fingernail – and hasn't gone all the way through your suit – then getting a repair as soon as you can will prevent it getting worse.

I've always found a dab of a specialist wetsuit glue such as Black Witch applied in the snag and then pressed closed until stuck, then left overnight before use, will do the trick.

If you are looking at a rip or hole that has gone all the way through the suit though, or your suit is a top-end one with pure performance in mind, then you may need to get specialist help either for a patch or full panel repair. Techneopro are one UK company that are able to help, should the worst happen.

Alex from Techneopro would advise getting a damaged suit to an expert. "Accidents do happen and normally at the most inconvenient time. A small nick or tear just before a swim or a race might be annoying but it's not the end of the world," he says. "I would avoid the temptation to put any glue of any kind on the suit. Modern swim wetsuits are super soft, stretchy, comfortable and quick through the water which is brilliant, but they are delicate things. The majority are made with what's called, 'single lined neoprene'. We've yet to see a glue available in the shops that is as stretchy.

"If you use glue/adhesive/cement, it'll create a stiff spot in the neoprene. The repair might look great but very quickly it'll start tearing away from the repair and things just get worse from there. Get it sorted properly before it becomes a bigger problem." Techneopro tell us most repairs cost between £35-50 – much less than the cost of a new suit.

It's not just material repairs either – wetsuit repair companies can replace zips and make modifications to your wetsuit if you have any personal needs (eg limb loss). If you want a truly bespoke service though, Snugg Wetsuits in Newquay are the only company in the UK who offer a made-to-measure wetsuit service.

After taking measurements of your body and asking about your personal swim style and preferences (for example do you have sinky legs? Do you need a thermal lining for cold temperatures?) the team will make you a wetsuit from scratch – and you can return it to them for repairs during its lifetime.

Coming full circle though, we ideally want to avoid ripping or damaging a wetsuit to start with, so here are some tips to prevent it happening again!

1. Wear gloves/socks when putting your suit on to avoid damage from nails.
2. Don't put it on or off while on a rocky or sharp surface – try and stand on a mat or grass.
3. Allow time to put your wetsuit on and don't yank at it.
4. Be especially careful with thin, flexible panels.
5. Always rinse your wetsuit after use and hang it to drip dry out of direct sunlight.
6. Don't use chemicals to clean your wetsuit unless they are designed for this purpose.
7. Roll and store your suit inside out after use in a safe place.

GETTY IMAGES

Q: HOW SHOULD I FUEL MY IRONMAN 70.3 RACE?

Martin Bails

JAMES WITTS
Former *220 Triathlon* magazine editor James is a cycling and sports writer, editor and author.

A Stepping up to middle-distance and wondering how to fuel race-day? Planning your nutrition and hydration successfully can be the difference between victory and failure. Here's how make sure your nutritional strategy makes it a success...

"A middle and iron athlete might eat 3hrs before the start to digest a greater quantity of food," explains Gatorade's sports scientist, Matt Furber.

"But be realistic. If your race starts at 7am, are you going to get up at 4am? As long as you carb-up three days beforehand, the evidence suggests what you have in the morning does little for overall muscle glycogen." So for middle-distance, slow-GI is the way ahead with porridge a favourite. Sip water at regular intervals pre-race, and then many will go for an energy gel 15 mins before to raise glucose levels. "This is the distance where you'll be looking for up to 90g carbs per hour from a glucose/fructose mix," says Furber. This depends on your bodyweight, of course.

The Gatorade sports scientist warns that, in his age-group experience, 105g per hour is the limit, so start with two gels an hour in training and build up to three gels until your body is acclimatised. "As soon you're out of the swim, begin your race strategy," Furber adds. "Say you're aiming for those 90g per hour, decide whether you'll consume a carb drink, gels, blocks and/or energy balls. And determine whether you're going to feed every 15 or every 20mins. "Just remember that if it's every 15mins, it's four 22g carb gels an hour; every 20mins and it's three 30g carb gels."

"Energy balls and bars are recommended early in the bike if you can maintain a moderate intensity"

Energy balls and bars are recommended early in the bike if you can maintain an easy-to-moderate intensity; if it's a hilly beginning, hold off until effort levels drop or your stomach could suffer. The bike should be easily templated.

The run, however, can become a battle of attrition. Follow the 90g pattern but stick to fluids and gels, again focusing on 15-20min feedings. A caffeine gel in the last hour of your run will give you a kick and potentially lower any perception of pain.

As for hydration, you're looking at around 500ml of fluid per hour during the bike and run legs, dependent on your individual sweat rate and the environment you're competing in. You can also pencil in a caffeine strategy. Just remember that the gastro-issue potential rises with distance. 220

DON'T LET SWIMMER'S EAR DISRUPT YOUR TRAINING

The more you can avoid common and uncomfortable ailments, the better your triathlon season will go. Here's how to dodge swimmer's ear...

We all have unavoidable setbacks in our season. Whether it's a flat tyre on a long ride, or a late work shift that derails your session in the pool, sometimes there's just nothing you can do about it.

When it comes to your health though, there are several conditions which can be easily avoided. One which you may not have considered? Swimmer's ear – but this outer ear infection can affect even the most dedicated athlete.

With swim sessions making up a crucial part of training, preventing and managing this condition can be key to keeping performance on track. Here's a bit more about the symptoms to look out for and what you can do to help prevent it.

WHAT CAUSES AN OUTER EAR INFECTION?

An outer ear infection, also known as otitis (meaning inflammation) externa, is often called swimmer's ear because regular exposure to water heightens the risk of getting it.[1]

It's usually caused by a bacterial – sometimes fungal – infection but it can also be linked to skin conditions like eczema or an irritation[2] caused by a cotton bud or a finger nail which can damage the delicate skin in the ear canal[3].

When water lingers in the ear after swimming, it can create a perfect environment for bacteria to grow.[3]

SYMPTOMS TO WATCH FOR

Swimmer's ear is a common condition and recognising the signs can help you take action. These include:[2]

Earache

- Itchiness in and around the ear.
- Redness and swelling around the ear.[1]
- Tenderness around the ear or jaw.[1]
- A feeling of fullness or blocked ears.
- Watery or pus-like discharge.
- Mild, temporary hearing loss.

PREVENTION STRATEGIES FOR TRIATHLETES

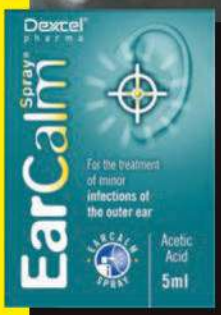
Triathletes are particularly susceptible to outer ear infections due to frequent water exposure, but these proactive measures can help to minimise risk:

- Wearing a well-fitting silicon swimming cap can help keep excess water from entering the ears.[3]
- Try using swimming ear plugs but insert them carefully so you don't irritate the ear canal.[1]
- Dry your ears thoroughly after every swim – tilt your head to each side to allow excess water to drain and use a soft towel to remove residual moisture.[3]
- Shower after you swim – particularly if you train in a pool as chlorine can dry out the ear canal.[3]

TREATMENT AND RECOVERY

If an infection does develop don't be tempted to get back in the water until it has fully cleared.[1] With treatment swimmer's ear often gets better in a few days.[1]

Try to avoid getting water or shampoo in your ears when in the shower or bath – if that's tricky insert cotton wool smeared with petroleum jelly in the ears.[2]



EARCALM SPRAY

Speak to your pharmacist for advice on managing the symptoms and a suitable treatment.[1]

EarCalm Spray is used for the treatment of minor infections of the outer ear in adults and children aged 12 and over.

It contains an antibacterial ingredient called acetic acid to help target and clear the infection and provide calming relief of uncomfortable symptoms. Always read the label.

EarCalm Spray is available without prescription from pharmacies.

Find out more: www.earcalm.co.uk

More information

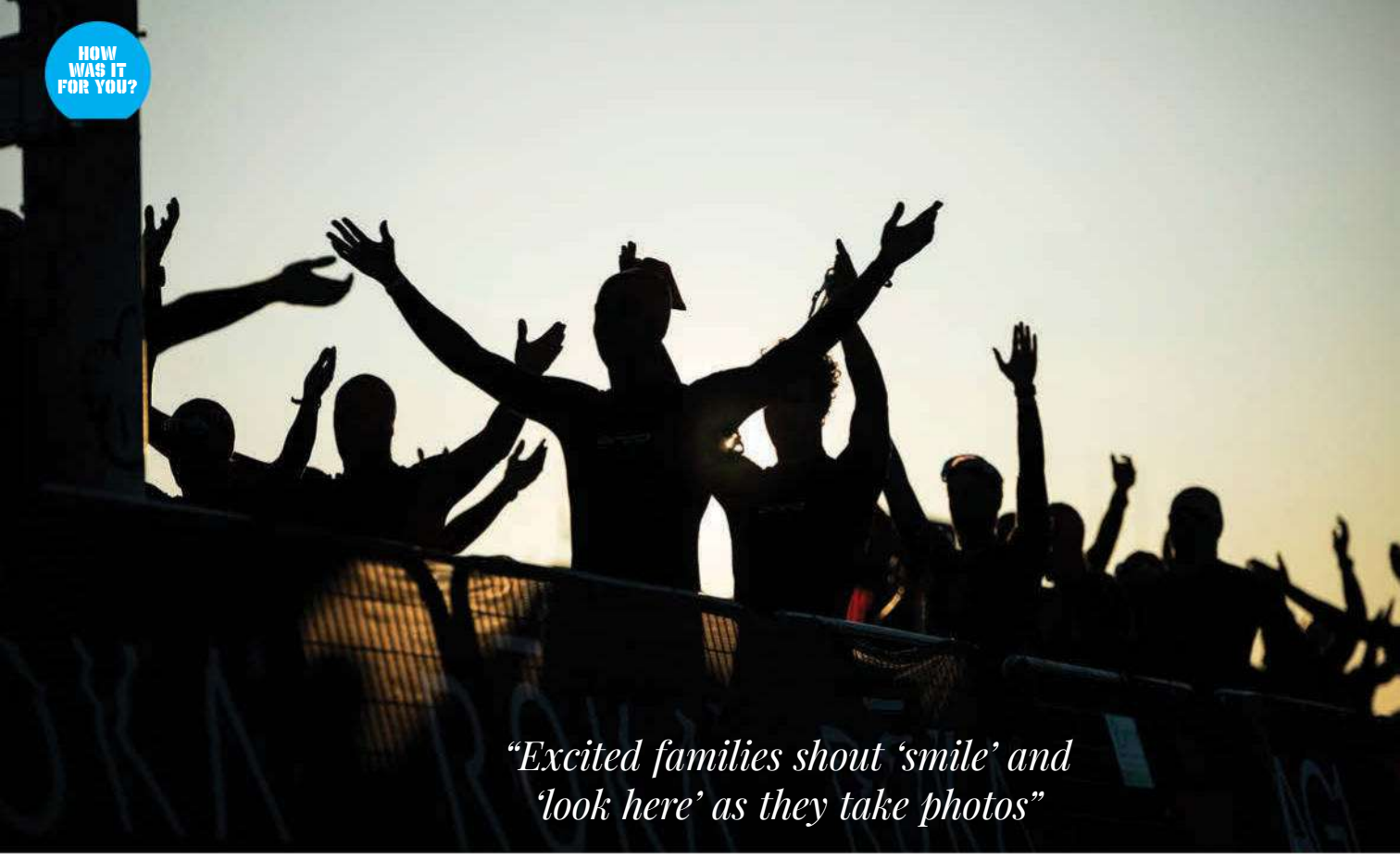
1 www.nhsinform.scot/illnesses-and-conditions/ears-nose-and-throat/otitis-externa/
2 www.nhs.uk/conditions/ear-infections/
3 www.swimming.org/justswim/manage-prevent-swimmers-ear/

HOW WAS IT FOR YOU?

LIVING IN THE MOMENT

For Sarah Broadley, racing is a way to experience the world. But how would Ironman 70.3 Valencia feel in the early-season heat?

WORDS SARAH BROADLEY **RACE IMAGES** IRONMAN
IMAGES OF SARAH ED BROADLEY



"Excited families shout 'smile' and 'look here' as they take photos"

SARAH BROADLEY

Sarah has been in the triathlon world since 2013 introduced by her son who needed someone to take him in a lake in preparation for his first Open Water triathlon at the age of eight! In 2018 she did her first triathlon – a 70.3 — and she has stayed with this middle distance ever since. Racing is her perfect excuse to travel and see new places.

Big cities never sleep. Through the apartment window, facing out onto the Central Market, I hear the joy, laughter and occasional tears of revellers in the streets below heading home to bed after a long Saturday night. It's 5am. I've already had my night's sleep and am desperately trying to force down some toast before joining them in the streets to head to the race village.

Half-dressed in a wetsuit, standing on the platform of the tube station, I learn that although the Metro runs from 5am, the line and direction I need won't be springing to life until around 10 minutes after transition closes. I take it in my stride (literally) and begin the long walk to the Marina hoping to find a taxi –surely all these partygoers heading home will be hailing cabs. Alas no!

I arrive safety at the marina (courtesy of the Uber skills of one of our supporters) in the nick of time and as soon as I am out of the taxi can feel the atmosphere rising. The smell of neoprene wetsuits, some so new they still have their tags on. Excited family and friends shouting 'smile!' and 'look here' as they grab photos. The sight of the endless rows of bikes hanging over the red carpets reminds me of the jamon for sale in Central Market I'd seen the day before. That sticky feeling on my hands of the carb/electrolyte mix that leaked as I secured my bottles to the bike. Here I was - after all the early mornings at the pool, late nights on the treadmill and chilly Sundays on the bike, at Ironman Valencia 70.3.

Of the three disciplines, I'd say I like the swim the most. I spend a lot of time in open water, it's my happy place, which I know is not true for many of the athletes I coach! The 1900m swim in Valencia is in the harbour and the beautiful still morning offers near perfect conditions. Calm water, some extra buoyancy from the salt water and a rolling entry to offer a very unruffled start to the race. I love how, as soon as you dive in, everything is silenced. You no longer hear the commentator or the music being played to pump up the athletes. It's just me and the sea – and maybe a few thousand other neoprene-clad individuals, some of whom appear to be fighting for their lives!

I find my rhythm straight away, following the buoy line on a scenic tour of the harbour, trying my best to navigate flailing arms and the odd errant leg kick which came my way. Once round the dog leg, I pass the

▲ The iconic black arch starts and finishes athletes' swims in Valencia.

▼ 70.3 Valencia features a harbour swim just as dawn is breaking.

superyachts and see the big black arch calling me in. A quick wrestle with the rope to pull myself out, a high five with a friend I spotted in the crowd and I am en route to T1, cheered all the way by supporters 10 deep either side of the barriers.

INTO TRANSITION

Housed in the beautiful old fish market, the elegant building stands proud guarding over the millions of pounds worth of carbon sitting patiently underneath waiting for its moment. Dripping wet athletes are tearing off neoprene, slapping on suncream and stuffing snacks in their mouth as they don helmet and shoes to head off and find their bike. I join the melee, trying not to get caught in the rushing, aware I'd come out of the water with the faster athletes who were keen to get away on their bikes. It was surprisingly quiet in here, the sounds of the crowds deadened by the acoustics of the roof. Just the pitter patter of cleats and the click clack of noisy freehubs.

Once over the mount line, I breath a sign of relief. T1 successfully navigated, bike mounted and cleats attached – I was ready to see what the route had to offer. It was quickly apparent just how slick Ironman are with their events. Not only are the roads closed to traffic and every single junction is manned so that you have priority, every side road has a volunteer on standby not only ensuring nothing comes onto the course but animatedly cheering on every athlete that goes by. "Vamos, Vamos, Vamos!", they cry.

The route leaves the city, via an industrial area with a few 90 degree turns then gradually climbs inland towards the beautiful village of Náquera. I held back slightly in case of any steep sections but there were no significant sections of elevation and the road conditions were generally good with plenty of space to overtake (or be overtaken!). I love watching other competitors go by and seeing their names and country of origin on their bibs – wondering how they got here

Sarah finds her pace on the bike and enjoys taking in the sights, sounds and smells of Valencia!

Sarah navigates T1, which is housed in a beautiful historic fish market.

and what their triathlon journey looks like.

As we climb, multi-generational groups of families were sat at the entrance gates to their fincas and houses enjoying a morning coffee whilst offering us well wishes as we pass by legs spinning, hearts racing. The thoughts of having to descend started to enter my mind. Having crashed last year in training I'm still nervous of picking up speed.

After a little wiggle further up from Náquera, I am soon on the descent, winding down through a wonderful smelling pine forest popular with mountain bikers and hikers. The smell takes me back to a period in my childhood when I was fortune enough to live just outside Madrid in an area of pine forest – happy memories thankfully distracting me from the fear of a descent, about which I need not have worried.

After it flattens out, there is a fast and furious out and back section on good road with a ferocious headwind on the way out. The sight of participants ahead returning in full aero position at almost the roads speed limit helps keep my spirits high as I push the watts to reach the turning point. It was worth it… the return was one of those joyous moments on the bike – slight downhill, tailwind – the feeling of ultimate freedom.

As I return to the city, the precision of the organisation was on full display, every junction, roundabout and crossing manned and controlled to ▸

offer the ultimate athlete experience. I can't think that many races can have a more picturesque end to the cycle than up and over the Pont de l'Assur de l'Or bridge with the Ágora building as the backdrop. Sun on my back, crowds cheering it is a wonderful end to a great ride.

DON'T GIVE UP!

T2, in a different location to T1, was on a quiet tree-lined street. A quick shoe change, some more suncream and I am out onto the run. I won't lie this is the bit I dread. It's usually 21 painful kilometres fighting the urge to just give up. The thought of two laps including visiting the finish line three times was weighing heavy as I start to shuffle along the first pavement surrounded by others in near silence facing the task ahead. This was lining up to be my dark moment of the race.

However, I am soon pleasantly surprised as I emerge into a beautiful city park. Within 1km I am approaching the finish line (for the first of three times) and the support from the crowds is unreal. Large road bridges snaked back and forth over the path and the supporters, sheltering in the shade of the midday sun below, create a cacophony of cheers and whoops that propels me forwards. Before I know it, I am on my first lap of the park. Where, conveniently hiding from the sun under a bridge, I found my training buddy Charlie stretching his hamstrings. We exchange aches and pains, pledge to finish and I can honestly say from this point onwards I have the most enjoyable 'run' of any triathlon I've ever done.

Being a sunny Sunday in spring, the park is littered with Spanish families enjoying the local facilities – play parks, ponds, cafes and even a wine festival in a marquee along the way. All keen to offer their support. Family and friends of other participants have 'power up' signs, cow bells and possibly my favourite sign held

▲ Sarah finishes the race with training buddy Charlie.

"Local lads hold up a funny sign: 'You've clogged up our city, at least look like you're enjoying it!'"

▲ Johanne Vogel (GER) was the male winner in 3:34:35.

by a group of local lads with cans of Estrella in their other hands 'You've clogged up our city, at least look like you are enjoying it!'.

WELCOME SHADE

It isn't long before lap one is coming to an end, the crowds building as I pass the finish for a second time and headed out for my final lap. Aid stations are a plenty, with water, electrolytes, gels and an array of snacks at every one keeping spirits high for even the most tired of runners. Although reasonably straight the path meanders such that you never felt you were on the road to nowhere. The beautiful trees provide dappled shade and the road bridges crossing every km or so g ive an achievable target to get to with the reward of 20 seconds of shade as I pass underneath each of them.

▼ Daniela Kleiser of Germany takes the win in 4:05:36.

The finish is emotional. Down the iconic Ironman finish chute with red carpet underfoot and my name illuminated above... Supporters, volunteers, other finishers and friends and family all celebrating your amazing achievement with you. The medal made it all worthwhile – featuring the iconic Palau de les Arts Reina Sofía building (which looks like an aero helmet from the side) it hangs proudly from a wide ribbon confirming my success. There were smiles every which way I looked – athletes, supports, volunteers. Everyone there, enjoying that moment.

When was the last time that you were present in the moment, actually there, taking in your surroundings? The sights, the smells, the taste on your tongue – soaking it all up without the distraction of a phone in hand or worrying about a deadline looming or that laundry that needs taking care of. For me, it was Sunday 28 April. I had an idyllic almost 7 hours of just that. Me, my body doing what I had trained it to do, taking in plenty of fresh air and absorbing sunshine. It was absolute bliss and I would highly recommend it. 220

TRAVEL TIPS

Valencia has loads to offer so consider staying up in the Old Town around the Central Market if you want a city break as well as the race.

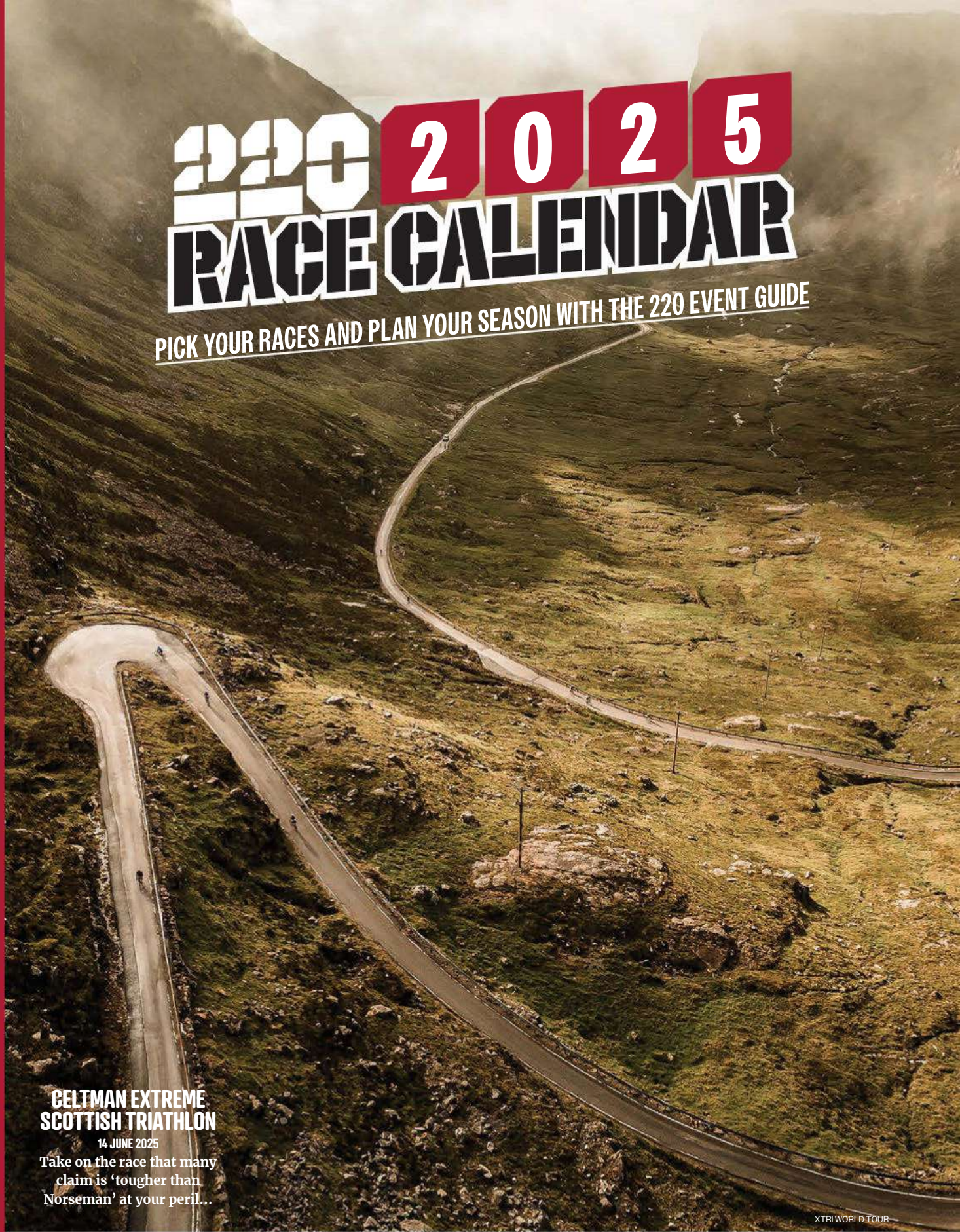
No need to carry nutrition on the run – aid stations are frequent and plentiful with water, electrolytes, gels and a range of snacks.

A great early season race offering a fast course with good weather in a welcoming city.

Top Tip: Drop your running shoes at T2 before racking your bike in T1 to save those legs for race day!

220 2025 RACE CALENDAR

PICK YOUR RACES AND PLAN YOUR SEASON WITH THE 220 EVENT GUIDE



CELTMAN EXTREME SCOTTISH TRIATHLON

14 JUNE 2025

Take on the race that many claim is 'tougher than Norseman' at your peril...

XTRI WORLD TOUR

● EUROPEAN CHAMPS QUALIFIER ● WORLD CHAMPS QUALIFIER

MAY

25 DORNEY LAKE TRIATHLON (SPRINT)
(various distances)
Dorney Lake, Windsor, Berkshire.
dorneylakeevents.com

DARLEY MOOR MAY SPRINT DUATHLON (SPRINT)
(4.8km R/18.3km B/2.4km R)
Darley Moor Race Track, Ashbourne, Derbyshire.
crazylegsevents.co.uk

31 HENLEY KIDS FUN TRIATHLON
(various dists)
Henley Leisure Centre, Oxfordshire.
uktriathlon.co.uk

HENLEY TRIATHLON
(various dists)
Henley Leisure Centre, Oxfordshire.
uktriathlon.co.uk

DEVA TRIATHLON (AQUABIKE)
(various distances and events)
Grosvenor Park, Chester, Cheshire.
chestertri.org.uk

JUNE

1 COVENTRY SPRINT TRIATHLON
(400m swim/20km B/5km R)
Xcel Leisure Centre, Coventry, West Midlands.
epicevents.co.uk

DEVA TRIATHLON (AQUABIKE)
(various distances and events)
Grosvenor Park, Chester, Cheshire.
chestertri.org.uk

ATW GRAFMAN TRIATHLON
(various distances and events)
Grafham Water, Huntingdon.
atwevents.co.uk

COTSWOLD 113
(various distances and events)
Waterland Outdoor Pursuits (Lake 32), Cirencester, Cotswolds.
113events.com

CULFORD SPRINT TRIATHLON
(300m swim/21km B/4.2km R)
Culford School, Culford, Bury St Edmonds.
entrycentral.com/culford-2025

4 CAPERNWRAY SPRINT TRI/AQUA EVENING SERIES
(various distances and events)
Capernwray Dive Centre, Carnforth.
t2.events

7-8 NORTHUMBERLAND FESTIVAL OF SPORT
(various distances and events)
Druridge Bay Country Park, Morpeth, Northumberland. *vo2maxracingevents.co.uk*

XTERRA WESTON PARK

2-4 MAY 2025

Fancy some off-road tri action? Then Xterra is the race series for you and this Staffordshire race the one to try!

CAREL DU PLESSIS

BLENHEIM PALACE TRIATHLON

7-8 JUNE 2025

One of the real classics in the UK tri calendar, this beautiful race is beginner-friendly too!

BLENHEIM PALACE TRIATHLON
(● SPRINT)
(various distances)
Blenheim Palace, Woodstock, Oxfordshire.
blenheimtriathlon.com

8 EASTBOURNE TRIATHLON
(● STANDARD)
(various distances)
Eastbourne, East Sussex.
eastbournetriathlon.co.uk

IRONMAN 70.3 BOLTON
(1.9km S/90km B/21.1km R)
Bolton, Greater Manchester.
ironman.com

THE SLATEMAN TRIATHLON AND DUATHLON
(● STANDARD DUATHLON)
(various distance and events)
Llanberis, Wales.
alwaysaimhighevents.com

11 SWMA EVENING SERIES
(various dists)
The Lake, Cromhall Quarry, Cromhall,
Nr Bristol
trimaxevents.com

14 ALDERFORD KIDS FUN TRIATHLON
(various dists)
Alderford Lake, Whitchurch
uktriathlon.co.uk

ALDERFORD TRIATHLON
(various dists)
Alderford Lake, Whitchurch
uktriathlon.co.uk

22 CARDIFF TRIATHLON
(● STANDARD)
(various distances and events)
Cardiff Bay, Wales.
alwaysaimhighevents.com

WILD BOAR TRIATHLON
(Olympic and Middle distances)
The Lake, Cromhall Quarry, Cromhall,
Nr Bristol
trimaxevents.com

ULVERSTON TRIATHLON
(400m S/29km B/5km R)
Ulverston Leisure Centre, Ulverston.
t2.events

29 ULTIMATE TRIATHLON
(full distance and relay)
The Mere, Ellesmere, Shropshire.
uktriathlon.co.uk

ULTIMATE HALF TRIATHLON
(half full distance and relay)
The Mere, Ellesmere, Shropshire.
uktriathlon.co.uk

ULTIMATE QUARTER TRIATHLON
(quarter full distance and relay)
The Mere, Ellesmere, Shropshire.
uktriathlon.co.uk

IRONMAN WALES/GETTY IMAGES

● EUROPEAN CHAMPS QUALIFIER ● WORLD CHAMPS QUALIFIER

JULY

2 CAPERNWRAY SPRINT TRI/AQUA EVENING SERIES
(various distances and events)
Capernwray Dive Centre, Carnforth.
t2.events

5–6 OUTLAW HALF HOLKHAM WEEKEND
(various distances and events)
Holkham Hall, Wells-next-the-sea, Norfolk.
outlawtriathlon.com

WOODHORN MUSEUM TRIATHLON (SPRINT)
(various distances and events)
Woodhorn Museum, Ashington, Northumberland
vo2maxracingevents.co.uk

NAIRN TRIATHLON
(various distances)
Nairn, Highland, Scotland
clubspark.net/TriathlonInverness/EventsV2/NairnTriathlon

6 CROYDE OCEAN TRIATHLON
(various distances)
Putsborough, Devon.
croydeocean.co.uk

12 ARTIC ONE TRI AND PARA-TRI FESTIVAL (AQUABIKE)
(various distances)
Dorney Lake, Windsor, Berkshire.
arctic1.co.uk

UPTON TRIATHLON AND DUATHLON (SPRINT DUATHLON)
(various distances)
Fish Meadow, Upton-upon-Severn, Worcs.
uptontriathlon.com

9 SWMA EVENING SERIES
(various dists)
The Lake, Cromhall Quarry, Cromhall, Nr Bristol
trimaxevents.com

13 IRONMAN 70.3 SWANSEA
(1.9km S/90km B/21.1km R)
Swansea, Wales.
ironman.com

19 BIRMINGHAM TRIATHLON
(various dists)
Boldmere Gate, Sutton Park, Sutton Coldfield.
uktriathlon.co.uk

19–20 BELVOIR CASTLE MULTISPORT FESTIVAL (STANDARD DUATHLON)
(various distances and events)
Belvoir Castle, Leicestershire.
castleraceseries.com

20 TRIBOURNE FESTIVAL OF ENDURANCE
(various distances)
Eastbourne, East Sussex.
140.6miles.co.uk

HATHERSAGE HILLY TRIATHLON
(420m S/21k B/6k R)
Hathersage, Peak District
sheffieldtriclub.com/hilly

26–27 OUTLAW TRIATHLON WEEKEND
(various distances and events)
National Water Sports Centre, Nottingham. Nottinghamshire.
outlawtriathlon.com

27 IRONMAN LEEDS
(3.8km S/180km b/42.2km R)
Leeds, Yorkshire.
ironman.com

ETON DORNEY SPRINT TRIATHLON (SPRINT)
(750m S/20km B/5km R)
Dorney Lake, Windsor, Berkshire.
dbmax.co.uk

AUGUST

6 CAPERNWRAY SPRINT TRI/AQUA EVENING SERIES
(various distances and events)
Capernwray Dive Centre, Carnforth.
t2.events

13 SWMA EVENING SERIES
(various dists)
The Lake, Cromhall Quarry, Cromhall, Nr Bristol
trimaxevents.com

16 YORK KIDS FUN TRIATHLON
(various dists)
York Sports Village, York.
uktriathlon.co.uk

17 BLITHFIELD TRIATHLON (AQUABIKE)
(various distances and events)
Blithfield Reservoir Staffordshire.
pma-racing.co.uk

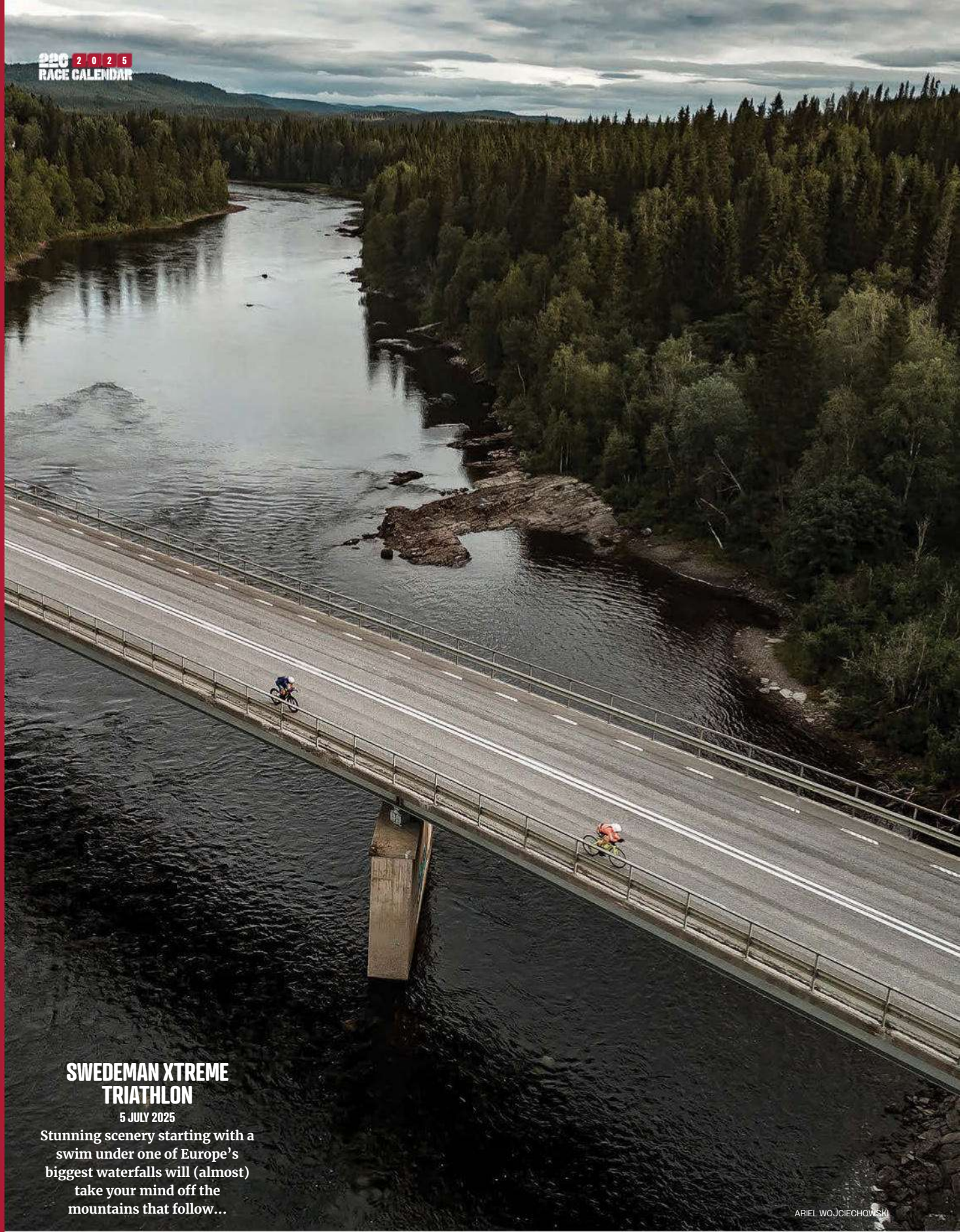
YORK TRIATHLON
(various dists)
York Sports Village, York.
uktriathlon.co.uk

ORAVAMAN XTRI SOLO POINT FIVE

12 JULY 2025

Head to Slovakia for this half-distance event in the XTRI World Tour calendar for beautiful mountains and (maybe) the chance to see Norseman champ Allan Hovda

ARIEL WOJCIECHOWSKI



SWEDEMAN XTREME TRIATHLON

5 JULY 2025

Stunning scenery starting with a swim under one of Europe's biggest waterfalls will (almost) take your mind off the mountains that follow…

ARIEL WOJCIECHOWSKI

● EUROPEAN CHAMPS QUALIFIER ● WORLD CHAMPS QUALIFIER

31 **SHROPSHIRE TRIATHLON**
(various dists)
The Mere, Cremorne Gardens, Ellesmere.
uktriathlon.co.uk

SHROPSHIRE MIDDLE DISTANCE
(middle distance)
The Mere, Cremorne Gardens, Ellesmere.
uktriathlon.co.uk

BRIGHTON AND HOVE TRIATHLON
(various distances)
Hove Lawns, Brighton.
brightonandhovetriathlon.com

SEPTEMBER

6 **CAPERNWRAY SPRINT TRI/AQUA EVENING SERIES**
(various distances and events)
Capernwray Dive Centre, Carnforth.
t2.events

7 **SWYD SPRINT TRIATHLON (SPRINT)**
(750m S/20km B/5km R)
Barry Island, Wales.
allornothingevents.com

FLEET FEET TRIATHLETES (STANDARD)
(1.5km S/42km B/10km R)
Knockburn Loch, Aberdeen, Scotland.
fleet-feet.com

NEWBURY TRIATHLON
(300m S (pool)/22km B/5km R)
Newbury.
triathlon@newburyvelo.cc

10 **SWMA EVENING SERIES**
(various dists)
The Lake, Cromhall Quarry, Cromhall, Nr Bristol
trimaxevents.com

13 **NORTH WEST KIDS FUN DUATHLON**
(various distances)
Barony Park, Nantwich
.uktriathlon.co.uk

14 **IRONMAN 70.3 WEYMOUTH**
(1900m S/90km b/21.1km R)
Weymouth, Dorset.
ironman.com

CHELTENHAM TRIATHLON
(various distances)
Sandford Parks Lido, Cheltenham, Glos.
sandfordparkslido.org

NORTH WEST TRIATHLON
(various distances)
Barony Park, Nantwich
uktriathlon.co.uk

21 **IRONMAN WALES**
(3.8km S/180km b/42.2km R)
Tenby, Wales.
ironman.com

VOTWO ETON DORNEY TRIATHLON
(various dists)
Eton Dorney, Nr Windsor.
votwo.co.uk

VOTWO SWIM LONG
(various dists)
Eton Dorney, Nr Windsor.
votwo.co.uk

28 **HEVER CASTLE TRIATHLON AND MULTISPORT FESTIVAL (STANDARD TRI)**
(various dists)
Hever Castle, Kent.
castleraceseries.com

SALCOMBE GIN SPRINT TRIATHLON
(700m S/19km B/3km R)
Salcombe, Devon.
letsgovelo.co.uk

WARWICKSHIRE TRIATHLON
(various distances)
Stratford Leisure Centre, Stratford-upon-Avon.
uktriathlon.co.uk

STOCKPORT TRIATHLON
(various distances)
Poynton Leisure Centre, Stockport.
stockporttriclub.co.uk

OCTOBER

4 **DORNEY DUATHLON**
(various distances)
Dorney Lake, Windsor.
atwevents.co.uk

KIELDER GRAVEL DUATHLON
(various distances)
Kielder Waterside, Kielder, Hexham.
kieldermarathon.com

LLANDUDNO TRIATHLON
(various distances)
St George's Hotel, Llandudno.
alwaysaimhighevents.com

5 **THRUXTON MASS ATTACK DUATHLON (SPRINT)**
(various distances) Thruxton Motor Circuit, Hants.
challenging.events

THE LAST TRI
(various distances, pool swim)
Freedom Leisure Complex, Forest of Dean, Gloucestershire.
trimaxevents.com

19 **OULTON PARK DUATHLON (STANDARD)**
(various dists)
Oulton Park Race Track, Little Budworth, Cheshire.
opevents.co.uk

NOVEMBER

2 **DEVON DUATHLON (STANDARD)**
(various distances)
Roadford Lake, Broadwoodwidger, Devon.
sportivaevents.co.uk

9 **DORNEY DUATHLON**
(various distances)
Dorney Lake, Windsor.
atwevents.co.uk

WANT TO LIST YOUR 2025 RACE(S) IN THE NEXT ISSUE?
Simply email **helen.webster@kelsey.co.uk** with the event name, date, distance on offer (write 'various dists' and/or 'and events' if multiple), location (venue, nearest town and county) and the website.

Supported by revive active

WHAT ARE THE DIFFERENT TRAINING ZONES?

FAQ

There are multiple zone systems, from three to seven and with HR variations between bike and run (more muscles are used when you run as opposed to cycling, hence the discrepancies). Here we detail the five-zone system and highlight the benefits of training in each.

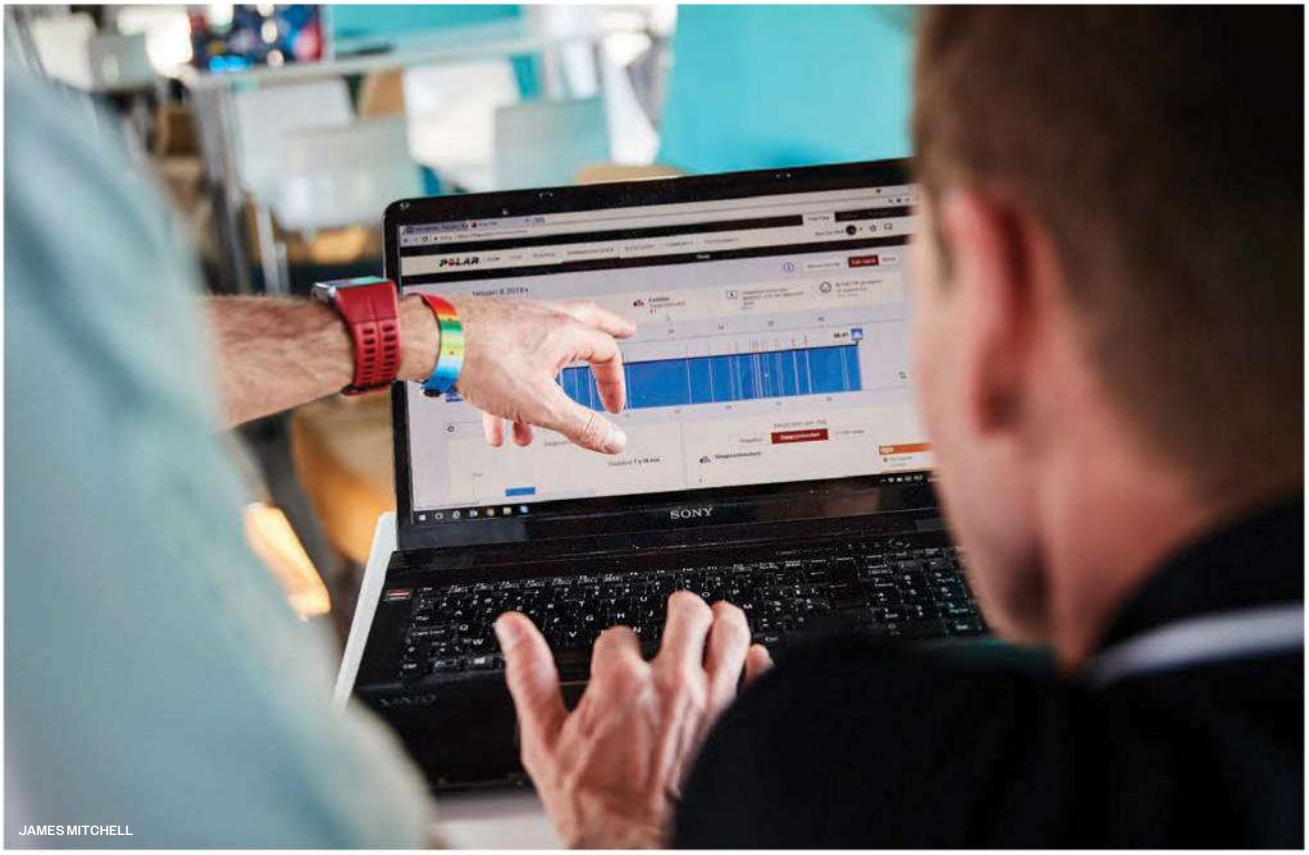
ZONE 1
% of max heart rate (range) S
wim: 50-60%
Bike: 60-65%
Run: 50-60%
Perceived exertion: RPE 2-4, easy to moderate
Performance benefit(s): Training at this aerobic intensity will boost your recovery and get you ready to train in the higher heart rate zones.

ZONE 2
Swim: 60-70%
Bike: 65-75%
Run: 60-70%
Perceived exertion: RPE 4-5, moderate
Performance benefit(s): Basic cardiovascular training at a good recovery pace. This is the intensity to improve aerobic capacity; i.e. stamina. Your body will get better at oxidising – burning – fat and your muscular fitness will increase along with your capillary density.

ZONE 3
Swim: 70-80% Bike: 75-82%
Run: 70-80%
Perceived exertion: RPE 5-7, moderately hard
Performance benefit(s): Running in zone 3 is especially effective for improving the efficiency of blood circulation in the heart and skeletal muscles. This is the zone in which lactic acid starts building up in your bloodstream. Training in this zone will make moderate efforts easier and improve your efficiency.

ZONE 4
Swim: 80-90%
Bike: 82-89%
Run: 80-90%
Perceived exertion: RPE 7-9, very difficult
Performance benefit(s): This zone will improve your anaerobic capacity, threshold and speed endurance. Your body will get better at using carbohydrates for energy and you'll be able to withstand higher levels of lactic acid in your blood for longer.

ZONE 5
Swim: 90-100%
Bike: 90-100%
Run: 90-100%
Perceived exertion: RPE 9-10, maximal
Performance benefit(s): Training at maximum (i.e. interval training) will increase your anaerobic and muscular endurance, power and cardio levels.



JAMES MITCHELL

TRI SPEAK

Wondering what the 'washing machine' is, or where to find your M-dot?! Make things easy with our guide to common tri terms...

'A'-Race The most important race of your season

Age-grouper Non-pro triathlete

Aerobic Aerobic exercise involves oxygen consumption by the body

Anaerobic How much energy your body can produce without using oxygen

Aquabike Race with just swim and bike elements, no run

Bilateral breathing Breathing every three strokes when swimming

Biomechanics The forces applied to your body during exercise

Bonking Running out of energy mid-race or training session

Brick session When you 'brick' two disciplines together, e.g. bike and run

Cadence Pedal rate on bike, in revolutions per minute (rpm)

Carb-loading Eating a carb-heavy meal prior to a race to boost energy

Catch The part of the swim stroke where you pull on the water

Core strength Development of the stomach and lower back area in support of strength

DNS/DNF Did not start, did not finish – abbreviations found in race results

DOMS Delayed onset muscle soreness (after racing or training)

DQ Disqualified, abbreviation in race results

Drafting Hitching a ride on someone else's slipstream in the bike or swim

Drag The amount of turbulent displaced air that an object creates, resulting in a slowing effect

Duathlon Usually a run/bike/run

Electrolyte drink Contains sodium and potassium to help your body hydrate

Elite Another word for a professional athlete

Glycemic index A ranking system for carbohydrates based on their effect on blood glucose levels

HIT High-intensity training

HRmax Your maximum heart rate. Occurs when digging deep!

Hyponatremia A deficiency of sodium found in the blood

Intervals Intensive training using repeated on/off efforts

Kona Place in Hawaii where Ironman World championships are held every October

Lactic acid Produced in high-intensity workouts, it can inhibit oxygen movement around the body and slow you down

DANIEL JAMES MEDIA

Low glycogen training Training without taking on carbohydrates to increase the body's ability to burn fat

Main set A block lasting 40-50% of a session where the heart rate is elevate.d

M-dot Abbreviation for the Ironman logo

Midfoot strike When running, your front foot strikes the ground flat – as opposed to toe or heel first

Muscular endurance Your muscles' ability to produce a given level of force for an extended duration

Negative split Completing the second part, e.g a run lap, faster than the first

Overpronation Foot rolls inwards on impact rather than outwards

Overtraining Common symptoms of training too much with inefficient recovery include insomnia, headaches, moodiness, loss of enthusiasm, and increased illness due to a suppressed immune system

PB Personal best

Pronation The natural 'turning in' of the foot

Power output Measured in watts on your bike

Pull The mid part of the swim stroke where the hands and arms accelerate using the purchase from the catch

Reps Pre-fixed distances covered and pre-fixed recoveries maintained

Rest interval (RI) Period of rest between reps

Sculling Swim drills that use your hands alone to propel you forward through the water

Sighting Looking ahead/at an object while swimming to keep on course

Swimrun Partner race where you do multiple swims and runs

T1/T2 Abbreviation for 'Transition 1' (swim to bike) and 'Transition 2' (bike to run)

Taper Reducing your training in the days just before your race

Tempo effort Challenging, sustainable effort

Threshold run A run at about 80% of your max heart rate for no more than 20mins

Time trials A set-distance session, where the aim is to swim, bike or run as fast as you can over the distance

Transition area The place where you rack your bike and swap kit between disciplines

Tri-bars Also known as aerobars, they help you race aerodynamically

Tumble turn Fast way of turning at the pool wall by performing a forward roll, push off and a twist to return to the initial stroke position

Turbo trainer A frame that attaches to your bike, turning it into a static trainer

Underpronation When your foot rolls outwards on impact

VO2 max A measure of the body's maximal ability to use oxygen to produce energy

Washing machine Way to refer to a chaotic swim start!

Watt (w) The unit of measure in which power is expressed

Waves The groups which triathletes are put in to start a race

GETTY IMAGES

MARTYN BRUNT
Martyn is tri's foremost average athlete and is living proof that hours of training and endless new kit are no substitute for ability.

A GAME OF SINGLES

Our man Brunty ponders the performance of pro triathletes recently in single-discipline events – and how it compares to his own...

It can't have escaped your notice that some of Britain's top triathletes have been making a name for themselves in single-discipline sports recently.

First there was 14x Ironman winner Lucy Gossage who won the women's event at the 2025 Spine race in January, finishing the 268 miles of the Pennine Way (the bloody PENNINE WAY!) in 87 hours 41 minutes, despite running being only one third of the sports she normally does.

We also saw former double Olympic Champion Alistair Brownlee taking on the Three Peaks race, a 24.2 mile trail run in the Yorkshire Dales with 1600m of climbing, and finishing in third place despite running being only one third of the sports he normally does.

Next came reigning Olympic Champion Alex Yee who grabbed the headlines at the London Marathon when he ran 2.11.08 and finished 14th in the elite men's race despite it being his debut at that distance, and running being only one third of the sports he normally does.

And outstripping them all, we saw former Olympic spectator Martyn Brunt taking on the 800m freestyle at the West Midlands regional swimming championships, AND the Coventry half marathon, and finishing in second place and third old git place respectively, despite them being only two thirds of the sports he normally does. Ahem.

WEEKEND WARRIOR

Okay, so Lucy, Alex and Johnny's times may have been slightly more impressive than mine, and the races perhaps more challenging and hotly contested, but I like to think that I have played my part in the general 'triathletes beat loads of single discipline athletes' game that seems to be going on.

In my defence there was also some extra pressure on me to perform that my fellow elite triathletes (ahem) didn't feel because both of the races were in my home town. Indeed the Coventry half marathon goes right past my front door, giving ample opportunities for my wife and my neighbours to comment loudly and freely on my running style, speed, race position and general appearance as I passed, an opportunity they seized.

Amid the general heckling my wife wins the award for the loudest and most creative barracking with such gems as: "Come on they'll be opening the roads in a minute", and "you used to be quicker than this", while the one that hit home the most was from my neighbour Colin who laughed "stick to swimming", advice which carried a sting as he ran the marathon for Great Britain at the Munich Olympics.

On the whole the crowd was supportive though as I slap-footed my way to a 1.32 finish, although this possibly had more to do with my choice of top than my running, having decided to curry favour with them by wearing a very old Coventry City shirt (the early '80s Talbot T design for any fellow shirt-nerds out there).

The regional swimming championships were also in the fair city of my birth and indeed were in the very pool I normally train in, giving me a home advantage if such a thing existed in swimming.

I'd already faced defeat in the 1500m by not being quick enough to enter the bloody thing and missing out on getting on the start list, but I shook off the disappointment of this schoolboy error to get my name down for the 800m. Again the presence of many of my regular swimming club team mates gave ample opportunities for 'dynamic feedback' on my stroke style and pace judgement, but having watched the gold medal disappear into the murky blue soon after diving in, I knew I was in a tussle for second, and managed to put in a late spurt to bag silver and snatch defeat from the jaws of a bigger defeat.

Anyway, the important thing is to always remember that you are a triathlete first and foremost, and whatever single-discipline sport you are doing it's not the winning that counts — it's reminding the competition that it is but one third of what you normally do... 220

"I'd already faced defeat in the 1500m swim by not being quick enough to enter"

Meguiar's
Since 1901

ULTIMATE

Car Care Made Easy.

@meguiarsuk

THE WORLDS EASIEST BIKEBOX TO PACK

WARRANTY 7 YEAR WARRANTY

©

£710

TRI AERO EASYFIT

HANDLEBARS STAY IN PLACE

JUST PEDALS AND WHEELS NEED REMOVING

FITS TRI, ROAD, GRAVEL & 29" MTB'S

PACKED IN AS LITTLE AS 8 MIN

PERSONALISED GRAPHICS

Avaliable in the USA

BUY NOW

www.bikeboxalan.com
www.bikeboxalanusa.com
+44 (0)1709 365408

BikeBox Alan Ltd